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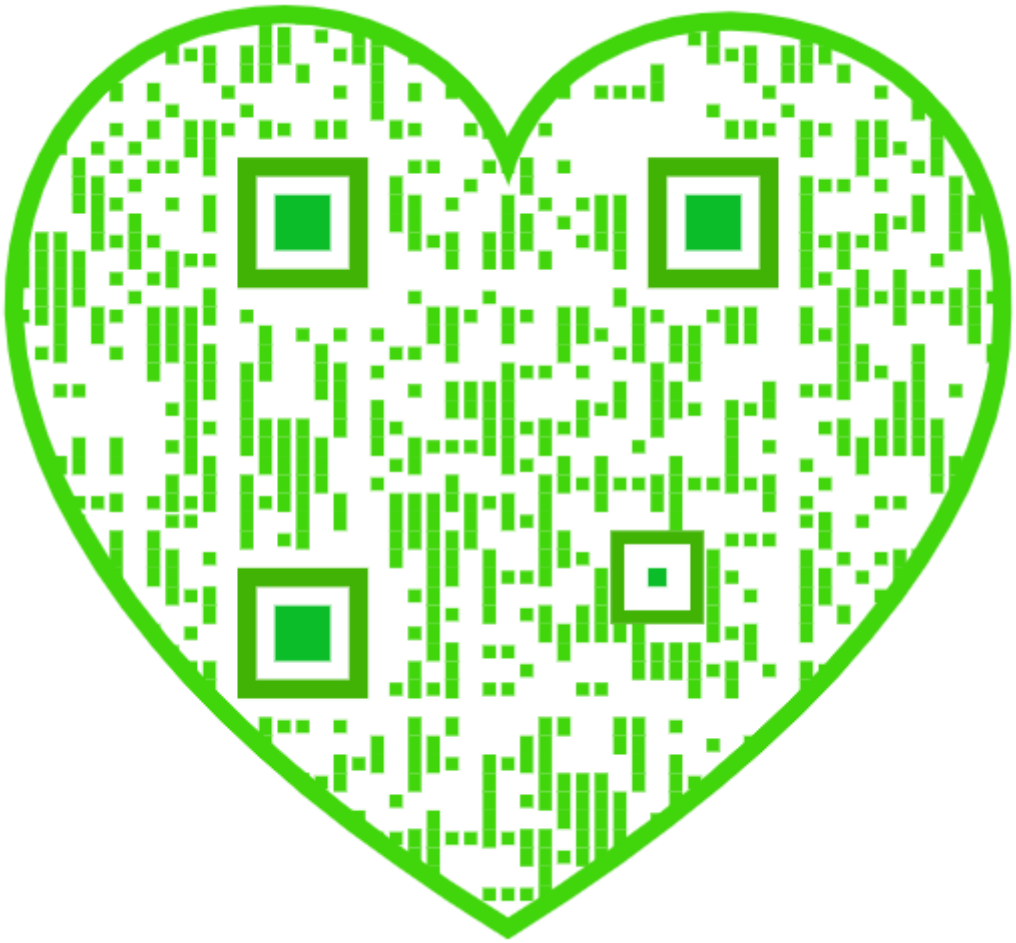

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Mrs. Alice Mitchell Kirk

Ann Heeks Stickney

THE PEOPLE'S HOME RECIPE BOOK

BOOK II OF THE PEOPLE'S HOME LIBRARY

BY

MRS. ALICE GITCHELL KIRK

LECTURER AND INSTRUCTOR
IN DOMESTIC SCIENCE.
AUTHOR "MRS. KIRK'S CARD INDEX
COOKING RECIPES" AND "HANDY
EXPENSE CARDS FOR HOUSE KEEPERS."

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AUTHOR'S PREFACE.

Though the world is full of cook books of every description, yet it has been my experience that there are few of them that are more than a collection of recipes. There are few really good teachers of the science of cooking. For the past thirty years the author has been engaged in teaching of some kind, ranging from kindergarten work to assistant at Chicago University and from private teacher of cooking to Public Lecturer on Domestic Science. This training has not only given me a knowledge of the subjects in hand but has perhaps rendered me capable of imparting this knowledge to others in a way to be easily understood by all.

Having managed a home of my own for twelve years and having lived in both the country and the city have probably given me a knowledge of the practical needs of the average home. Further than this, I am called upon regularly each week by 'phone to direct the culinary affairs of many Cleveland homes, thus giving me the practical experience which is lacking in so many teachers of Domestic Science. Furthermore, during the past five years I have delivered (and am still engaged in the lecture work) a series of over six hundred public lectures on cooking, a larger number than ever before delivered on this subject by any woman in one place. These things have brought me in direct contact with thousands of people of all classes, given me a knowledge of their needs and at the same time fitted me for imparting this knowledge to others in a practical way.

Having been principal of private schools and being at the present time a member of "The Domestic Science and Art Association" of Cleveland, and "The American Home Economics Association" of Chicago, and also State Secretary of "The Associated Clubs of Domestic Science" has brought me in contact with many of our ablest instructors in Domestic Science and afforded me an excellent opportunity to get the best and most modern ideas relative to the science of cooking. These ideas I have endeavored to incorporate in this work, leaving out the technical things and making them practical for the home.

I believe in having system in the home and a business-like management of household affairs as is attested by the fact that I am author of "Mrs. Kirk's Card Index Cooking Recipes" and also of "Handy Expense Cards for Housekeepers" and "Correct Combinations of Foods for Daily Use."

I have given over two hundred of my choice recipes in this work and for these I have adopted the form used in my "Card Index Recipes." It will be noticed at a glance and without reading the recipe, one can tell just what materials are required and the quantities of each. One can also tell the utensils that are necessary and thus have everything in readiness before beginning the work. Then are given full and complete directions for putting together and cooking the ingredients. These directions I have endeavored to make so simple and complete that the girls and the young housewives with no previous

experience can use these recipes and be certain of good results. Though the cook with many years of experience may become so skillful that she can "guess" at quantities and generally get good results, yet it is necessary for the inexperienced to observe absolute accuracy in following every instruction. In fact, the time has gone by for "guessing" at quantities. Use accuracy and you will never have failures for the same cause always gives the same results.

Preceding each chapter will be found the general principles underlying the science of cooking and I believe it will pay every woman to carefully study and follow these rules, for cooking is now as much of a science as is any other branch of knowledge. I believe that cooking and the management of household affairs should be a pleasure rather than a drudgery. I believe that a knowledge of proper foods and the proper way of preparing them is one of the most important sciences, for our health and temperament, and consequently our happiness and success in life, largely depend upon what we eat.

Though the two hundred recipes make dainty and attractive dishes, yet I have had due regard to economy and the "Favorite Home Recipes for Every Day Use" have been gathered from mothers living in all parts of the world. They are the dishes "like mother used to make," and I believe they will be found the most simple and practical collection of recipes for every day use that has ever been published.

It has been my object in this work, not only to give some of the general principles underlying the art of cooking, but also to give simple and practical recipes that can be used in every home in the country.

THE AUTHOR.

CONTENTS.

AUTHOR'S PREFACE 1

MRS. KIRK'S DEPARTMENT.

The Housekeeper's Science of Cooking or Domestic Science in the Home 1
Bread Making 7
Cakes 14
Meats 22
Meat Substitutes and Substantial Meals Without Meat 30
Eggs 37
Sauces 42
Soups 46
Vegetables 51
Salads and Salad Dressings 62
Desserts 68
Beverages 80
Chafing Dish Cookery 86
The Canning of Fruits and Vegetables 90
Preserving and Jelly Making 95
Pickling 101

THE PEOPLE'S HOME RECIPES FOR EVERY-DAY USE.

Bread Making 105
Light Breads 111
Cake Making 119
Meats, Poultry, Game, Fish, Oysters and Croquettes 129
Soups 140
Eggs 142
Vegetables 148
Relishes, Cheese and Chafing Dish Cookery 151
The Art of Candy Making 154
Pies 162
Salads and Salad Dressings 166
Puddings and Sauces 170
Creams and Custards 176
Ice Creams, Sherbets and Ices 178
Beverages 181
Canning, Preserving and Jelly Making 185
Pickling 189
Preserving Meats 195
What to Do and How to Do It 197
Supplement 220
Index 223

LIST OF ILLUSTRATIONS.

PAGE

PORTRAIT OF MRS. ALICE GITCHELL KIRK ..... Frontispiece

No. 1. TABLE LAID FOR SINGLE SERVICE FOR INFORMAL DINNER LAID FOR SOUP COURSE ..... Following iv

No. 2. DISHES TO BE USED IN INFORMAL DINNER FOLLOWING TABLE LAID FOR SOUP COURSE AS SHOWN IN No. 1 ..... Following iv

No. 3. TABLE LAID FOR COFFEE AND DESSERT ..... Following iv

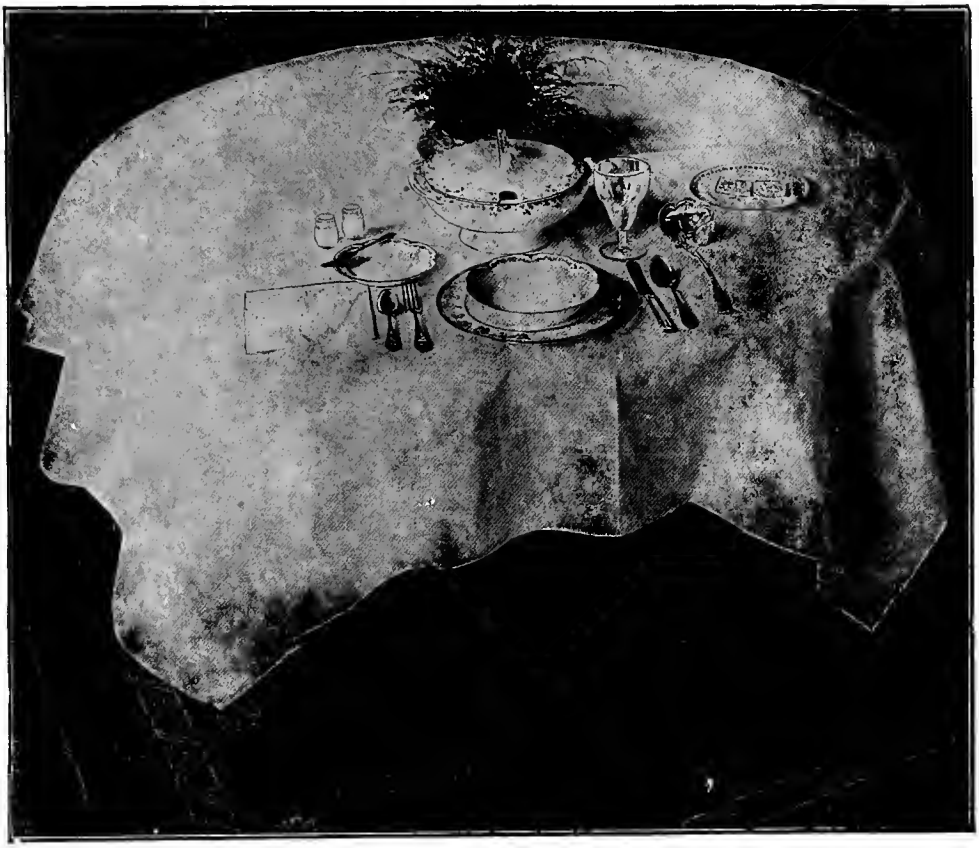
No. 4. TABLE SET FOR A DINNER WHERE THE FIRST COURSE IS A FRUIT COCKTAIL Following iv

No. 5. TABLE SET FOR A DINNER WHERE THE FIRST COURSE IS A FRUIT COCKTAIL Following iv

No. 6. A KITCHEN CABINET AND CONVENIENCES IN A MODERN KITCHEN ..... Following iv

No. 7. A FEW OF THE LARGER NECESSARY KITCHEN UTENSILS (14 Cuts) ..... Following iv

No. 8. A FEW OF THE SMALLER NECESSARY KITCHEN UTENSILS (15 Cuts) .... Following iv

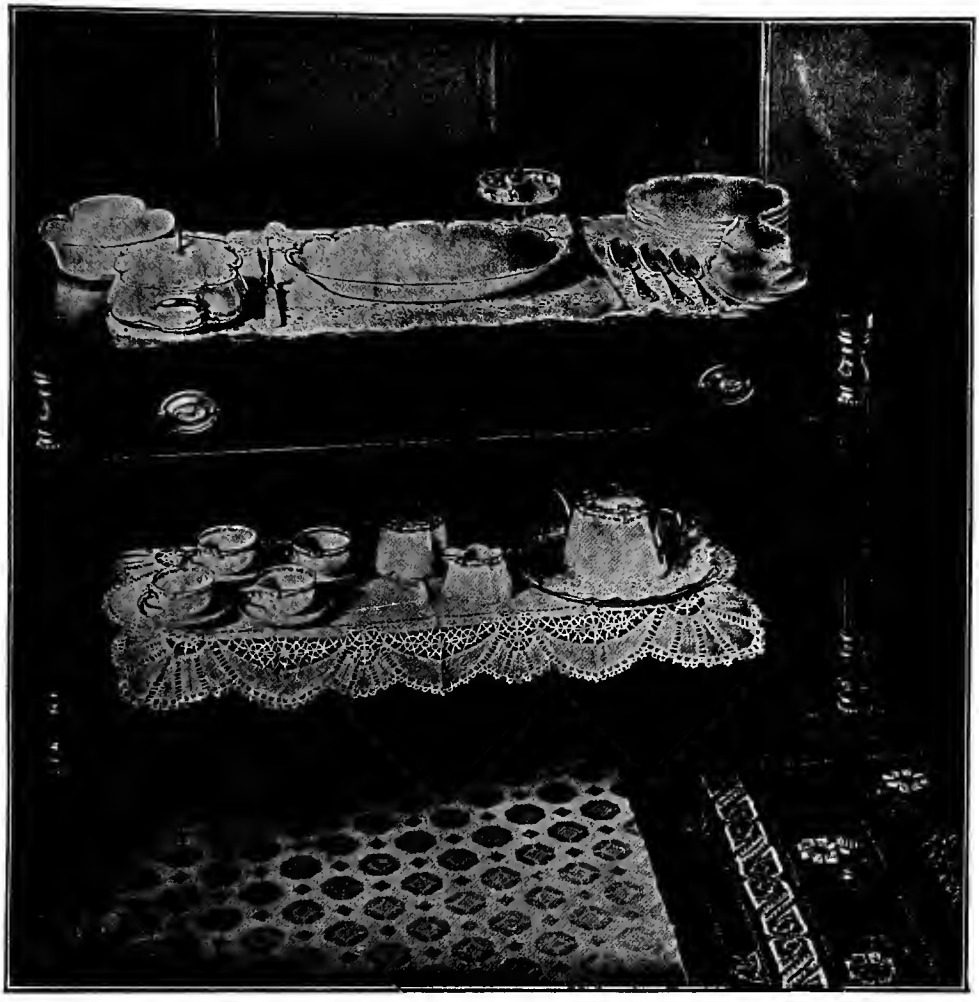


(Photographed especially for this book.)

NO. 1. TABLE LAID FOR SINGLE SERVICE FOR INFORMAL DINNER LAID FOR SOUP COURSE.

The soup plate is on a service plate which is an eight or ten-inch plate. Observe closely the accuracy with which knife, fork, spoons, goblet and other service are placed on the table. The soup spoon is placed to the right of the knife and the soup ladle to the right of the soup spoon. Using left hand for removing cover of tureen, you are ready to take the ladle in right hand and serve soup which may be passed to other members of the family at table.

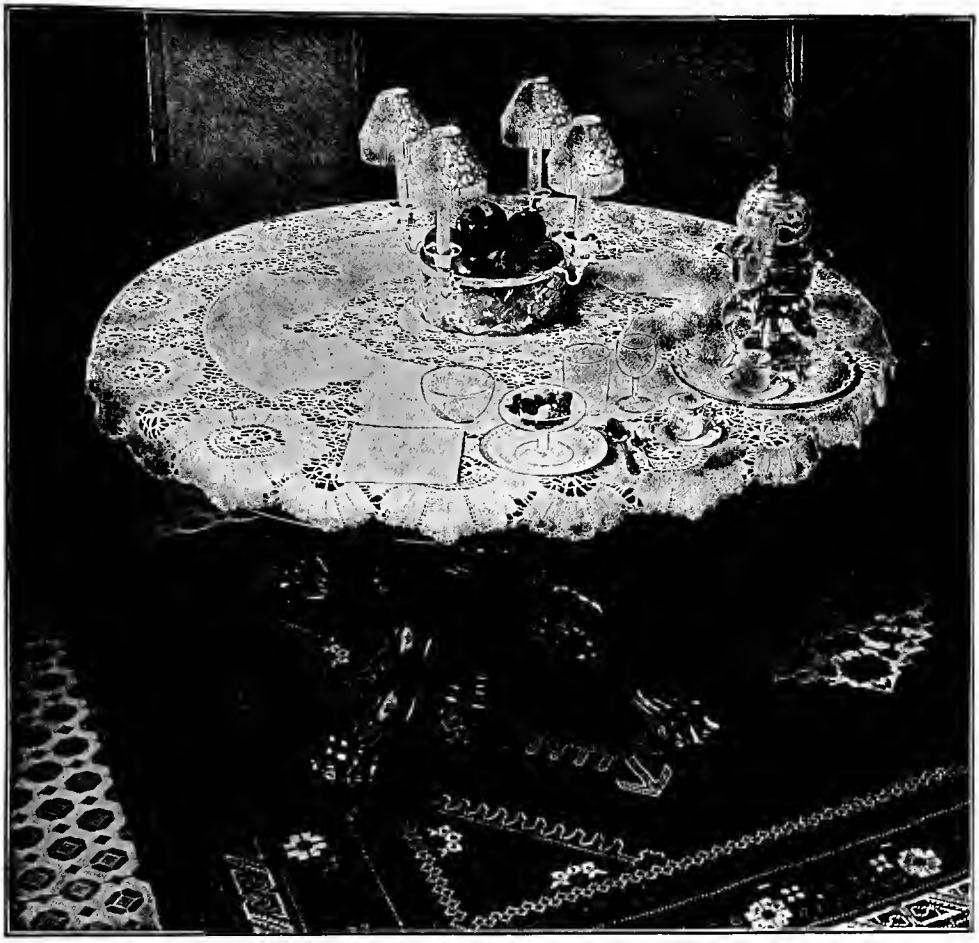
The water glass or goblet should always be placed at end of knife blade. The bread and butter plate is on the left side at end of fork. The silver is always used from the outside toward the plate, either from right or left. Napkins should always be placed on left side of fork. Twenty-four inches is the usual space allowed for each cover or person.



(Photographed especially for this book.)

NO. 2. DISHES TO BE USED IN INFORMAL DINNER FOLLOWING TABLE LAID FOR SOUP COURSE AS SHOWN IN NO. 1.

Note convenience and care in arrangement of the dishes to be used for the remainder of this dinner. It saves a great deal of time and anxiety to have every dish in readiness for use and, at the same time, this table should be as attractive as the dining table. For time saving this table may be drawn up close to the hostess where she may easily reach many things without rising from the dining table.

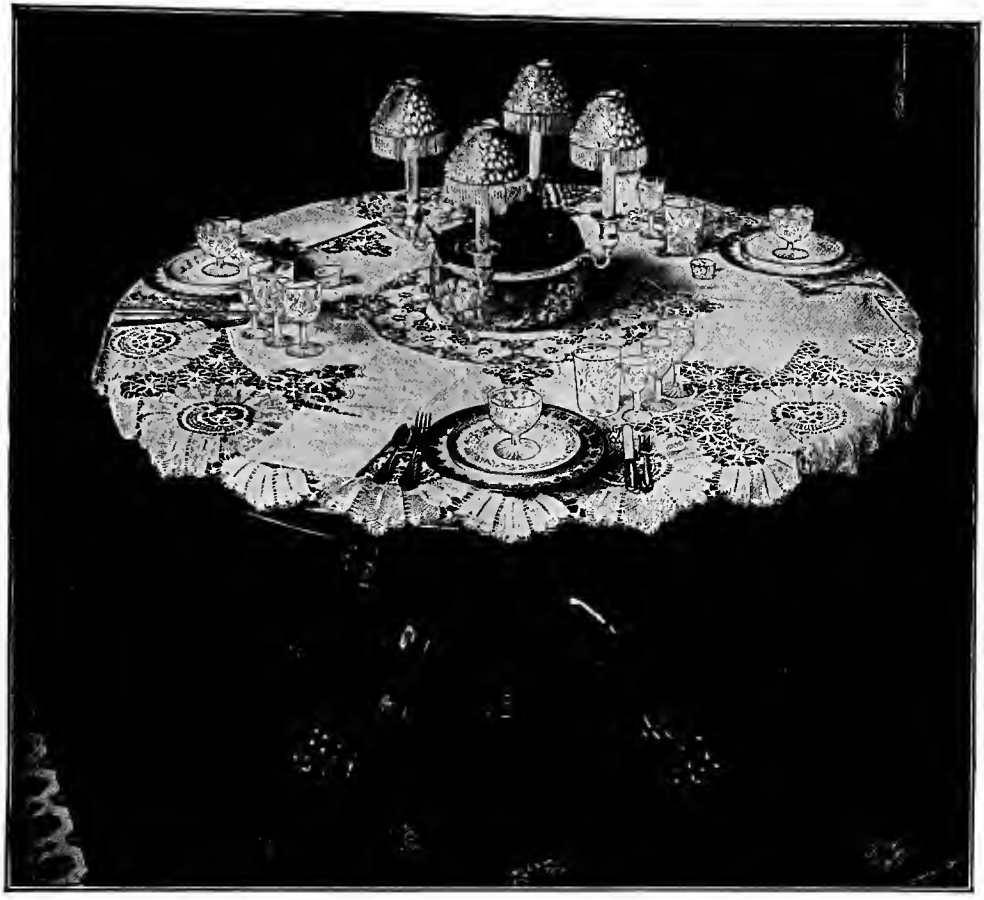


(Photographed especially for this book.)

NO. 3. TABLE LAID FOR COFFEE AND DESSERT.

This represents the same table shown in No. 1 at close of dinner. The dessert spoon and after-dinner coffee spoon are at the right of the dessert plate which is brought in with the finger bowl on it and set down before each guest, the finger bowl being removed to the back and left of the plate. Then the dessert is brought in and passed or placed on the dessert plate, the water and claret glasses remaining during the entire meal. When dessert is finished the finger bowl is replaced on the plate ready for use. The tips of the fingers are dipped in the water and wiped on the napkin. Never put the napkin in the finger bowl. If necessary to wipe the lips, do this by wetting the finger tips, touching the lips and then wiping with the napkin.

The coffee percolator is convenient and sociable and adds very much to the final entertainment of the guests and is coming more and more into every-day use.



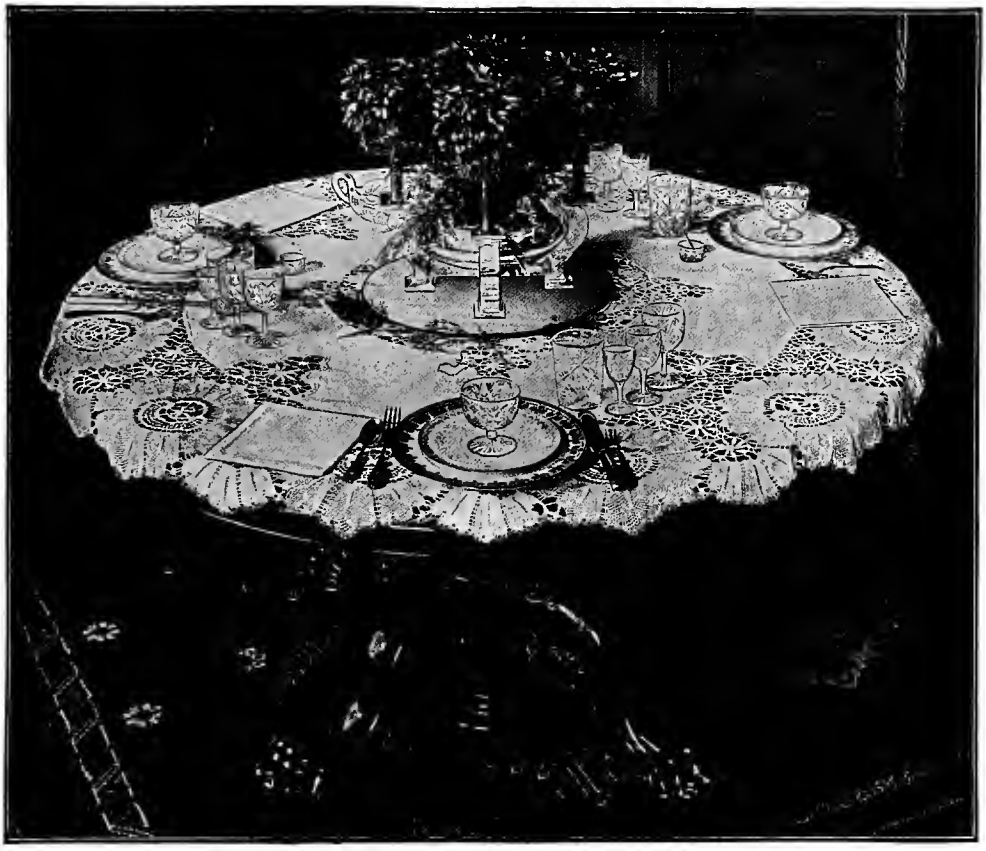
(Photographed especially for this book.)

NO. 4. TABLE SET FOR A DINNER WHERE THE FIRST COURSE IS A FRUIT COCKTAIL.

This is to be followed with a soup course or not as one chooses. The small plate holding the cocktail glass is on the regular ten-inch service plate which is to remain on the table for any other course which is to follow up to the regular meat course when it is to be removed and regular dinner plate brought in.

The knives, forks and spoons are arranged in their respective places. The fork to right of knife is the one to be used for the cocktail; or, if much juice is in the cocktail, a spoon should be substituted in place of fork, being laid in exactly the same place as the cocktail fork. All silver placed to the right of the meat knife is supposed to be used preceding the meat course.

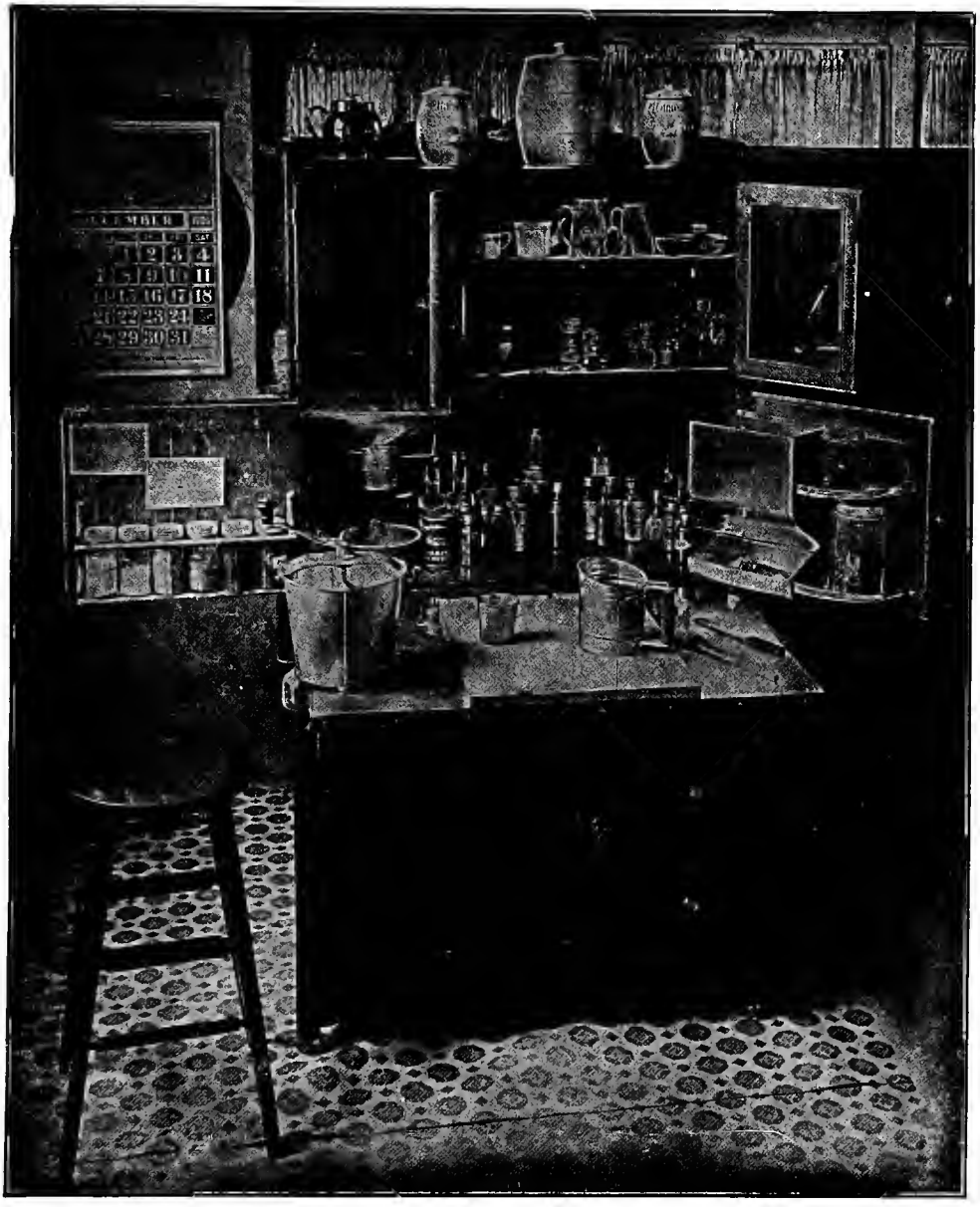
Note the arrangement of the glasses: the water glass at the end of the knife blade; cordial glass next, which is taken at the beginning of the meal; the sherry glass next, which usually comes with the fish course and may be omitted if no fish is served; and the next is the claret glass which is to be used during the entire meal.



(Photographed especially for this book.)

NO. 5. TABLE SET FOR A DINNER WHERE THE FIRST COURSE IS A FRUIT COCKTAIL.

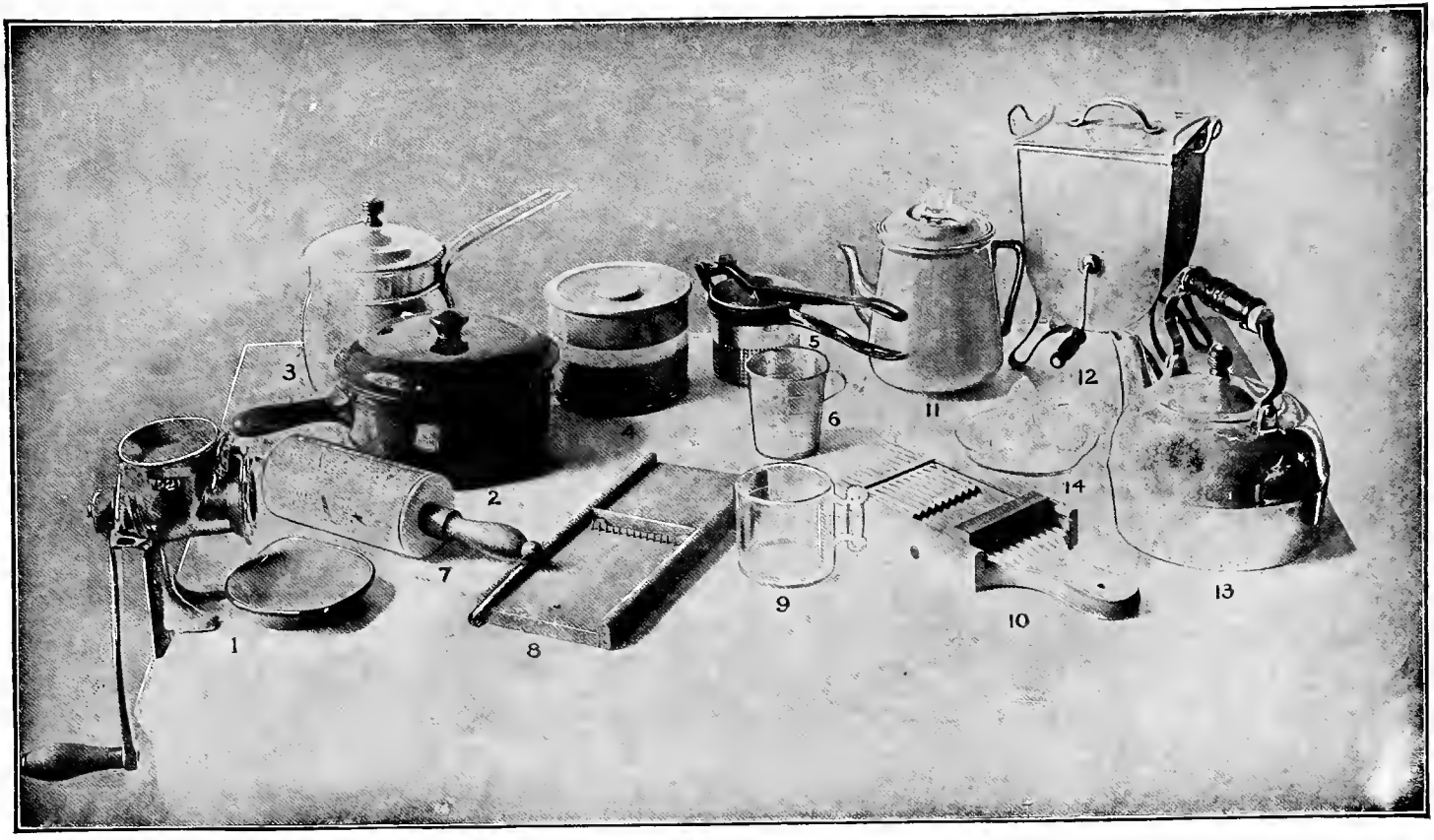
This is the same as No. 4 except change in Center Decorations. (See description of No. 4.)



(Photographed especially for this book.)

NO. 6. A KITCHEN CABINET AND CONVENIENCES IN A MODERN KITCHEN

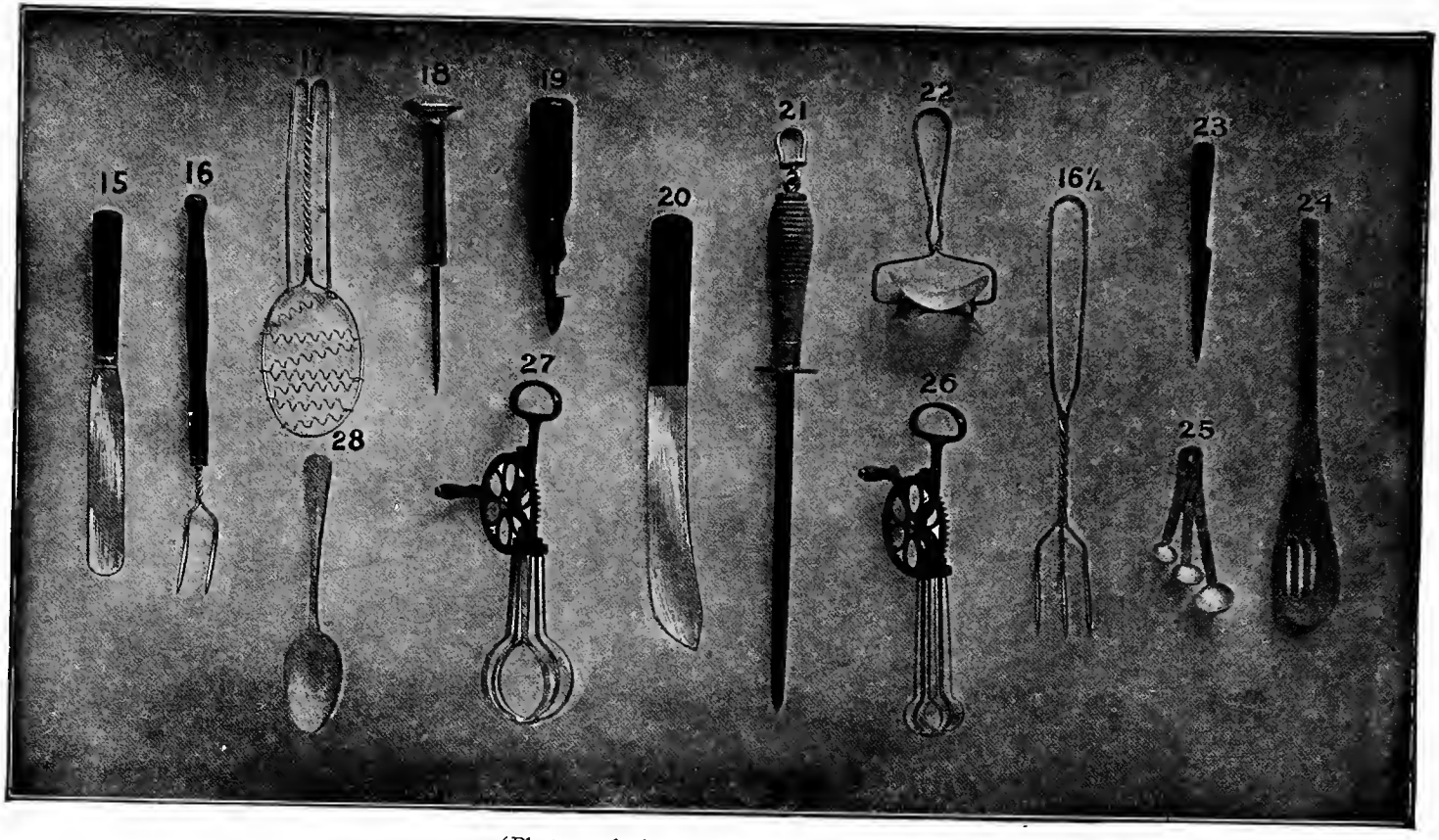
In the kitchen most women take too many steps in preparing meals or doing their ordinary baking. Much of this work may be accomplished while sitting on a stool which should be in every kitchen. Besides showing all the conveniences gathered in one spot for comfortable working this illustration shows utensils in readiness for bread making—the bread mixer to the left. Note the accurate measuring cup which is divided into halves, quarters and thirds and is very important to use in all cooking. In fact, *there is no such thing as luck in cooking* in these days and accurate measurement is absolutely necessary. With all supplies and utensils in one place much **labor and drudgery are saved in the kitchen.** Note **Recipe and Expense Cards** at left.



(Photographed especially for this book.)

NO. 7. A FEW OF THE LARGER NECESSARY KITCHEN UTENSILS.

1. Food chopper.
2. Double boiler.
3. Casserole for slow vegetables and meat cooking.
4. Butter crock.
5. Fruit press or vegetable ricer.
6. Measuring cup.
7. Rolling pin.
8. Corn slitter.
9. Glass measuring cup.
10. Vegetable cutter.
11. Coffee percolator.
12. Whip churn for whipping cream, beating eggs or making butter. (Comes in three sizes.)
13. Teakettle.
14. Lemon squeezer.



(Photographed especially for this book.)

NO. 8. A FEW OF THE SMALLER NECESSARY KITCHEN UTENSILS.

15. Spatula.
16. and 16½. Meat forks.
17. Flat wire egg beater.
18. Ice pick.
19. Can opener.
20. Butcher knife.
21. Kitchen steel.
22. Cookie cutter.
23. Vegetable knife.
24. Slotted wooden spoon for cake making.
25. Accurate measuring spoon—teaspoon, half and quarter.
26. Single egg beater.
27. Egg beater.
28. Tablespoon.

THE HOUSEKEEPER'S SCIENCE OF COOKING
OR
DOMESTIC SCIENCE IN THE HOME.

"Good cooking means the knowledge of all fruits, herbs, balms and spices, and all that is healing and sweet in fields and groves, and savory in meats. It means carefulness, inventiveness, watchfulness, willingness and readiness of appliances. It means the economy of your great-grandmothers and the science of modern chemists."—*Ruskin.*

THE HOUSEKEEPER'S CREED.

I believe housekeeping and cooking is and should be interesting and worthy work and that the majority of women would enjoy it if they had the opportunity to know more of its science; that it must be considered elevating—the highest art—and not a menial and brainless occupation. If a man is not ashamed of his profession or work, there is no reason why a woman should be ashamed of hers.

I believe before marriage every woman should show to the man she is to marry that she thoroughly understands the work of making and keeping the home on a perfectly systematic and business basis, as much as the man has shown her that he has a profession or business capable of providing the income for the maintenance of home and family.

I believe that marriage is a life partnership with mutual interests as well as love; a partnership of square dealing and equally shared responsibilities, and should not be entered into from any other motive.

It is reasonable to suppose that the young woman should be able and willing to keep house as conscientiously as she has taught school or music or used the typewriter.

Can you use the salary of the young man wisely, economically and so that each of you may live comfortably, besides saving a little for the proverbial "rainy day?" This question should be answered before marriage.

I believe home making, housekeeping and all that goes with it is not drudgery, is not a narrow sphere for the woman, but that it is the very highest type of living.

"He who gives us better homes, better books, better tools—a fairer outlook and wider hope—him will we crown with laurel."—*Emerson.*

WHAT CONSTITUTES HOUSEHOLD MANAGEMENT.

Not many years ago everything made to meet the needs of the people was created in the home. Now, as different shops and factories have taken most of the productions and developed them into large and flourishing industries and manufactories, there are two problems always to face, and these are—production and consumption. It is interesting to watch the wonderful strides of today in producing wealth, but it is of at least equal importance how this money is spent; and the home is the center for the consumption of this wealth. It has been said by students of Home Economics that the greatest financial losses come through the home. If this be true, then women should begin to have a better understanding of the practice of economy in the home. First, they should help and encourage in every way to increase the income; and

second, to lessen the expenditures. It is not always what we earn, but how that is spent that insures the best economy and results in perfect, or nearly perfect, household management. At the present time the difficulty with the housekeeper is not so much that she has lack of income, as that she does not always spend wisely.

Women are almost having their first real awakening to the fact that they must acquire more knowledge and skill to do the work in the home successfully and thus live better and have greater enjoyment and prosperity.

Home-making is, or should be, a business. The home has close business relations with the grocer, butcher, merchant, bank and in fact the business world in general and only business-like methods can succeed.

Begin early in life with your daughters and train them in systematic household management and home-making and there will be fewer financial failures in the business world.

HOUSEKEEPING A PROFESSION.

Housekeeping has passed the days of mere drudgery and now ranks among the professions.

There is much thought exercised by the well trained and thoughtful housewife who plans and directs and knows herself how to do any of the work in the home.

We know this work takes more brains than dollars, and education and training are necessary for the woman who selects the food, clothing and all the works of art for the uplifting and growth of a well-balanced family, mentally, morally and physically. She should be trained in the estimation of values, in food, clothing and household furnishings.

She should have had practice in the various duties of a home before marriage. Otherwise the expense comes at the wrong time, which is unjust to the man. Mrs. Ellen H. Richards says, "By teaching the girl under fourteen how to cook, she will do it naturally and easily when she is a housewife." If women knew how to do this work well, it would cease to be a drudgery.

A good business man has to know his business thoroughly and apply to it ordinary business principles and systematic methods in order to succeed. The same is true of housekeeping.

HOME EXPENDITURES AND ACCURATE RECORDS.

"An economical household, not a stingy one, makes a successful and contented home."—*Freeman.*

"In olden times women thought and thought before they spent, often making the spending a burden. Now women often spend and then think and think and think." There should be some happy medium.

If we have studied pure foods, good taste in dressing and the same in furnishings for the home, we have made great advance in the lessening of home expenditures. Accurate accounts should be kept of the allowance for such use and what it is spent for. There are many ways of doing this but one of the simplest is a card index system on which the expenditures for the day, not itemized, but headings, may be quickly noted and footed up at the end of the week. This is absolutely necessary for system and economy in the home.

It is true, that all the members of the family must unite in this if it is successful. They must all agree upon a universal or given standard of living. It is better to divide the income to cover the necessary expenditures and then try to live within it. The figures must be before you or you will find waste and more waste. One housekeeper recently said to me in trying my Expense

Cards, "I found I was not losing on my regular expenditures, such as groceries, etc., but my 'miscellaneous' was appalling." Twenty-five cents today and another tomorrow seems very little but for a month or year it means much loss.

ORGANIZATION AND DIVISION OF LABOR.

It is very easy for most of us to imagine the home where no system or organization exists.—There is no order; things are placed here today and there tomorrow and valuable time is spent in searching for articles which have no settled resting place. This kind of living, or staying, more properly speaking, reacts upon every member of the household. The work is much harder and costs infinitely more in time, strength and money than a definite and well regulated home would cost. "It is not the revolution that wears out the machinery, it is the friction," and nowhere is this so true as in the home. If the housewife has had no training or experience her troubles are legion. It is first in knowing how and what to do, the proper division of this labor, and when it is to be done. It makes very little difference whether it is the woman with no servants or one with several. It is now conceded by every thinking individual that the housewife must not only know how the work is to be done; but must be able to plan, systematize and direct the same.

Applying this knowledge every day, one need not carry the kitchen or three meals a day "on their shoulders" from morning until night, but have regular hours for definite and systematic work, recreation or study. It is very easy to direct "Mary" to do the washing, bake a cake and have company for dinner, and it is quite another thing to know the necessary time required to do these things.

System is the keynote of the home. Each day's work should be planned in advance; in fact, a written or printed plan of work should be in every kitchen. Then a written menu of the meals. These may be written on cards, one for each day of the week, and indexed under the card index system so universal now. On the opposite page may be references showing where recipes for certain dishes may be found, or any other notes. The grocery order should be made out and the refrigerator consulted at the same time. "Woman's work," it is said, "is never done." It has been largely her own fault. Plan, systematize, and pigeon-hole your work; in other words, get rid of it, which will be a wonderful care-remover.

Woman's life, as a rule, is made up of little things. This is particularly true in the spending of small sums of money; five cents here and there, then a dime, quarters and dollars until in this small spending they do not realize that "tremendous whole."

I repeat, housekeeping is a profession and it is the careful watching of just the right time to buy, and what to buy, that constitutes good household management. Much depends on the manner or style of living whether you should buy in large or small quantities. Find the happy medium between the hand to mouth style of living and the buying in too large quantities, which may mean waste. Marketing is an art. We had better say to market well is an art. Buy foods in season as nearly as possible. If you can only purchase a little, buy that which is good and use every bit of it. It is the little wastes that fill the garbage can.

A WELL EQUIPPED KITCHEN AND THE UTENSILS.

"The best is the cheapest" is a good rule to follow. In many homes the surprise is that the meal can be prepared with the meager kitchen equipment

provided. Be proud of your kitchen and utensils but take care of them. The very best of utensils may soon be useless if placed over too hot fires, especially gas. On the other hand a medium priced article in the hands of a skilled worker may outwear the very best utensil in the hands of a careless one.

Many accessories in the kitchen have come to be looked upon as "must haves" through long use. The evidence of utility in everything, together with good taste and judgment in every selection, are the great essentials in buying kitchen as well as other utensils.

Fireless Cookers and Steam Cookers are doing much to overcome this, as in either of these methods of cooking neither food nor utensils can be burned. Do not buy every new thing that comes out. Find out whether it is of practical use, then buy it and use it. Too many articles and in inconvenient places are as bad as not enough. Have a convenient drawer or hook for utensils and always have them in that place and no other.

The Fireless and Steam Cookers and Bread Mixers are among some of the kitchen utensils that have come to stay and it is the intelligent, thinking, up-to-date housekeeper that is looking for the practical, helpful and attractive equipment for her kitchen.

KITCHEN UTENSILS.

Range
Refrigerator
Steam Cooker
Fireless Cooker
Tea kettle
3 stew pans, 1 qt. to 3 qts.
Steel spider, 9
Double boiler, 2 qt.
Steel frying pan, 7
Toaster
Frying basket
Spatula
Muffin pan
Colander
Coffee pot
Tea pot
Food chopper
Chopping knife and bowl
Strainers
Bread mixer
Bread pans, 2 or more
Bread board
Rolling pin
Flour sieve
Pans or basins, 2 or more
Bowls, about 5 in assorted sizes
Dish pan
Drainer
Floor and stove brushes
Broom
Steel knives and forks, 3
French vegetable knife
Vegetable brush
Cream whip
Egg beaters, Dover and flat wire beater
Covered roaster
Cake pans, layer, 2
Meat and bread knives
Loaf pan, square, oblong or oval
Sponge cake pan
Sink strainer
Scales
Soap shaker
Potato and vegetable press
Salt box
Grater
Measuring cups, 1 tin and 1 glass
Lemon squeezer, glass
Pie plates, 2 or more
Skewers
Skimmer
Table spoons, 3
Tea spoons, 3
Measuring spoon
Bread box
Funnel
Vegetable and pudding dishes, 2
Potato masher, wood
Garbage pail
Waste basket, closely woven
Receptacles for flour, sugar, cereals, condiments, molasses, etc.
Kitchen cabinet or table
Chair
High stool
Slotted wooden spoon
Wooden spoon, small size
Casserole
Custard cups
Tin mold
Coffee mill
Clothes hamper
Carpet sweeper
Mrs. Kirk's Card Index Cooking Recipes
Mrs. Kirk's Housekeeping Expense Cards

LAUNDRY EQUIPMENT.

Wash tubs, 2 medium, 1 large
Wash board, medium
Clothes pins
Clothes line
Boiler
Wringer
Wash tub bench
Bluing
Starch
Soaps
Clothes basket
Ironing board
Irons
Clothes stick
Clothes pole
Clothes horse
Small vegetable or nail brush (for fringes)

HOUSEKEEPER'S EVERY DAY SCHEDULE.

"In any community organized on really healthy lines, the average woman will have quite enough to do in her own home, whether she is rich or poor. Nowhere else can she do work of such value to the nation."—*Theodore Roosevelt.*

Kitchen calendars or schedules have probably been written for nearly every cook-book published. It has been a serious question in my mind how much time and thought to devote to this. If the housekeeper will use it, it is worth while. If she is a "guess cook" or "near enough" it would be waste of time to prepare it.

With the thousands of women with whom we have come in contact in the past four years, I know they are steadily advancing along the line of better and more wholesome living, and more accurate cooking. By such these pages will be read and consulted or a copy made and framed to hang in the kitchen. One of the most difficult problems the housewife has in her cooking is determining the temperature of the oven for baking. Moderate, hot, very hot, cool, etc., may not mean the same thing to one that it does to another. Thermometers are coming into general use, are inexpensive and will do much to not only relieve the anxiety attending the baking, but there will not be failures as before when it was all guess work. We are learning to be systematic and accurate in all that pertains to housekeeping and cooking; and as a result work is easier and we have better cooked foods with fewer failures.

A half-pint measuring cup of tin or glass can be purchased at any department store for five or ten cents, and it is standard for all recipes given. Do not expect perfect results using a tea cup one time and a coffee cup another, or guessing at the halves, thirds or quarters. No matter what your experience or judgment, in order to have a recipe give perfect results, always—with all conditions equal—there are certain measurements which must be strictly followed.

TABLE.

1	cup equals	½ pint or regular measuring cup
4	tablespoonfuls	¼ pint or regular measuring cup
1	gill equals	½ pint or regular measuring cup
1	pint equals	1 pound
1	cup of butter	½ pound
2¼	cups powdered sugar	1 pound
2	cups of sifted flour	½ pound
1	rounding tablespoonful of flour	½ ounce
1	rounding tablespoonful of sugar	1 ounce
1	rounding tablespoonful of butter	1 ounce

GENERAL TIME FOR COOKING VEGETABLES.

Boiled Potatoes	30 minutes
Boiled Rice	15 to 30 minutes
Baked Potatoes	45 minutes
Boiled Sweet Potatoes	35 minutes
Baked Sweet Potatoes	45 minutes
Boiled Turnips	20 to 30 minutes

New Carrots	30 minutes
Old Carrots	60 minutes
Green Corn—boil	5 to 10 minutes
Green Peas, fresh	15 minutes
Green String Beans	45 minutes
Green Shelled Beans	45 minutes
Green Lima Beans	30 minutes
Sliced Cabbage	20 minutes
Boiled Cabbage	1 hour
Cauliflower	30 minutes
Squash	20 minutes
Stewed Tomatoes	20 minutes
Onions	45 minutes
Celery	30 minutes
Baked Bananas	30 minutes
Baked Apples	25 minutes

BAKING.

"She can bake, she can broil, she can fry,
Ne'er a cake does she spoil, nor a pie,
She's perfectly neat,
Her temper is sweet,
And this is the reason why."

Much depends upon the regulation of heat in planning any definite time for baking; an oven may be slow for some things, quick for others and so on. Follow recipes and note the time and kind of oven given; this will be of more service to the housekeeper than all the tables ever written. Bread and cake cannot be baked once or twice in three months and you know much about temperature of the oven. This knowledge of ovens only comes by continual practice, or, as before stated, by the use of a thermometer often enough to become perfectly familiar with its registrations.

TABLE SETTING AND SERVING.

(Table Etiquette.)

When hearts are light and spirits gay
You almost hear the table say:
"These people give me hearty cheer,
I'm very glad they're round me here."

If food is wholesome, linen white,
China and silver polished bright,
With pride the table spreads its leaves,
Glad to dispense what it receives.

With friends in loving converse near
The table speaks for all to hear.
It says as plain as table can:
"Draw round me all, I'm spread for man."

—*Table Talk.*

The duty of setting the table usually falls to the daughter of the house, if there is one. If not, the mother has this added responsibility if she has no helper in the home, and even then, if she wants care and neatness in this most artistic work, as the maid of all work does not have time to devote to it. There should be a certain personality in the setting of a table that belongs to some member of the family. And there are some absolutely fixed rules for the placing of the service on the table.

In the first place the linen should be spotless and white and as fine as your style of living will warrant; the simpler linens for every day use and the finer ones for special occasions. They may be all this, but if they are not ironed with great care and the corners of cloth and napkins folded perfectly even, the very foundation of table setting is a failure.

Have a soft pad or under-cloth on the table before the cloth is laid. The linen then wears better, looks richer, and there is less noise from the dishes and silver. Lay the cloth perfectly smooth and straight, being careful in doing this not to make a wrinkle. Place the knives to the right of each place with the blade turned toward the plate and the fork to the left, each one inch from the edge of the table and allowing about twenty-four inches for each guest. Place teaspoons to the left of the fork and soup spoons and oyster fork to the right of the knife. Do not place too much silver on the table at once; better have it brought in later, as needed, by the one doing the serving. Place the butter plate back to the left of the tip of the fork, and the water glass to the right at the tip of the knife.

The napkins should be folded perfectly square and placed to the left of the forks. The remaining setting of the table all rests entirely upon the ingenuity and good taste of the housewife. Just a suggestion—keep it simple rather than have too much on it. Nothing speaks more loudly for the refinement of a family than the perfectly set table.

In the serving, when a maid is in attendance, all food should be served from the left side. If it is passed, to be set down, from the right side. Nearly eighty-five per cent. of the families are without help in this country; consequently, most of the serving is done at the table; or, members of the family take turns and in this manner there is less confusion.

BREAD MAKING.

(Including Muffins, Rolls, Pop-Overs, Gems and Griddle Cakes.)

"Full many a gem which should have raised serene,
Burns to a crisp behind the oven door,
And many a sack of flour is borne to burst unseen,
And waste its whiteness on the kitchen floor."

Flavor, in bread, by many people is considered one of the first requisites; and the difference in flavors is entirely due to the amount of soluble carbohydrates and the kind of flour which will produce the greatest per cent. of gluten both in quality and quantity; and again upon the fermentation used in the making.

Every housekeeper who wishes to be able to make perfect bread, should acquaint herself thoroughly on the subject of "flours." And any of the best cook-books will enlighten her on the subject with very little effort on her part. The housekeeper must know all she possibly can of flour, yeast, fermentation and baking, in order to attain anything like success. There are two distinct kinds of flour called Spring and Winter.

The Spring wheat is stronger and contains the greater amount of gluten (muscle building food), and for this reason will retain more moisture and produce a greater number of loaves of bread than the Winter. I mean by this the hard Spring wheat. Personally, I prefer a blending of Spring and Winter wheat, providing the mixture is largely Spring.

A good bread flour should be a rich creamy yellow, rather "sandy" in feeling and should fall apart easily when taken between the thumb and forefinger. Good pastry flour is not so yellow in appearance and is easily packed into a little cake, when pressed between the thumb and forefinger.

In the following recipes for bread making it has not been possible to give the exact amount of flour, as different flour, even from the same mill, requires more or less liquid.

These liquids may be water, milk, or milk and water together. The most wholesome bread is made without butter or lard. If you are in doubt about your yeast, a little sugar may be used, which will help to create the necessary activity. Of course, you will not expect good bread from poor yeast; but the sugar will aid the growth of yeast plants still alive. Butter and lard retard the yeast and when used a little additional yeast should be supplied.

Bread should be well kneaded and this is more easily accomplished by using a Bread Maker. It is the only hygienic way to knead the bread, and these machines can be purchased at from $1.35 to $2.50 and are a great saving both of time and labor. Bread can be well made and spoiled in the baking. The oven should be ready for the bread, and that at a temperature of what is called a "quick" oven, or if you use the oven thermometer ten minutes after 12 for twenty minutes, and then cooling to five minutes of 12, for the remaining twenty-five minutes. Remove the bread from the oven; do not cover, but allow the air to circulate freely around it. When cool place in a clean, dry, bread box, which has been washed, dried over a little heat and closed to keep out any particles of dust, which carry germs, producing mold.

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Recipe 1. VERY BEST BREAD.

Materials.	Measure.
Milk	1 Cup
Water	1 Cup
Salt	1 Teaspoonful
Compressed Yeast	½ Cake
Bread Flour	6 Cups

UTENSILS:

Bread Mixer	Measuring Cup
Stew Pan	Measuring Spoon

DIRECTIONS.

Have the bread mixer clean, scalded and screwed in place. Low, if you wish to sit down to use it and high if you are going to stand, so you do not have to stoop. Put the milk and water into the stew pan and bring to the scalding point. Pour this into the mixer and let cool to lukewarm. Dissolve the yeast in half a cup of lukewarm water, add a little flour, about two or three teaspoonfuls, cover and set this to rise, while the milk and water mixture is cooling. When that is lukewarm, add the yeast sponge, and only 5 cups of the flour all at once, with the salt. It is better to add the remaining cup of flour as you see that it is needed, but be very careful and not put in too much flour as this will make the bread dry. Now turn the mixer for about 15 minutes, then if it is still sticky, add the remaining flour, half a cup at a time until your dough is just right. It is kneading, as much as the flour, which relieves the stickiness and makes it smooth and springy to the touch; better too little, rather than too much flour. About 20 or 30 minutes is usually sufficient for this kneading in the mixer, then cover and set in a warm place. Now this does not mean hot, nor in hot water, nor on a radiator where you would get uneven temperature, but out of drafts, in a perfectly warm place. Let rise two hours or until it doubles its bulk, or breaks down and leaves a hole when you place your finger into it. Have your pans greased and warm (not hot), and divide the dough into two equal parts, shaping lightly into loaves, put into the pans and

cover with greased paper, setting in the same careful temperature to rise an hour or until it has doubled its bulk and the pan feels light. Now with all of this care, bread may be spoiled in baking if you do not understand your oven. Have a hot quick baking oven. Put in the bread when ready and bake for 15 minutes; it should just begin to have a delicate color. Now lower the temperature a little so that it is a steady, moderate heat and bake it for this sized loaf 45 minutes. Practice is the only sure success towards good bread making.

If you desire a stronger flavor to your bread, knead for ten minutes after the first raising and let rise again. This takes a little longer time than the first process. This will make two loaves of bread.

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Recipe 2. GRAHAM BREAD.

Materials.	Measure.	Weight.
Milk	1	Cup
Molasses	¾	Cup
Butter	2	Tablespoonfuls
Yeast Cake	1	Cake
Water (lukewarm)	½	Cup
Salt	1	Teaspoonful
Graham Flour	2½	Cups
White Flour	1½	Cups

UTENSILS:

Stew Pan — Large White Bowl
Measuring Cup — Bread Pan

DIRECTIONS.

Melt the butter in the scalded milk. Cool to lukewarm and add all the above ingredients, the yeast softened in the water. Beat thoroughly and set aside to become light; then turn into a long, narrow pan, and when again light bake about an hour in a moderate oven. Do not let the dough become too light after turning into the bread pans.

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Recipe 3. GRAHAM AND DATE BREAD.

Materials.	Measure.	Weight.
Milk	1	Pint
Porto Rico Molasses	⅓	Cup
White Flour	1½	Cups
Graham Flour	3	Cups
Salt	1	Teaspoonful
Compressed Yeast	½	Cake
Lukewarm Water	¼	Cup
Dates	1	Cup

UTENSILS:

Mread Mixer — Measuring Cup
Spatula — Measuring Spoon
Baking Pan — Knife
Bread Sieve

DIRECTIONS.

Scald the milk. Remove from the fire, cool and add the molasses and salt. Pour into the bread mixer, and when lukewarm add the yeast dissolved in the warm water; sift in the white and graham flour, and beat well in the mixer. Set in a warm place to rise (about 68° Fahr.) until it doubles its bulk. Beat again and place in greased bread pans. Let rise, and bake in a moderate oven. For the date bread add the dates cut up in small pieces at the time of the second mixing or beating. Part English walnuts and part dates may be used for this bread, which is very nice for school sandwiches. Bake one hour in a moderate oven. Remove from the pans and set on the bread sieve to cool without covering. This recipe will make two loaves.

All measurements level and flour sifted before measuring.

Recipe 4. DELICIOUS BROWN BREAD.

Materials.	Measure.	Weight.
Rye Meal	1½ Cups	
Corn Meal	1½ Cups	
Graham Flour	1 Cup	
Salt	1 Teaspoonful	
Soda	1 Teaspoonful	
Best Porto Rico Molasses	1 Cup	
Sour Milk or Buttermilk	3 Cups	

UTENSILS:

Two bowls—one large and one small
Teaspoon
Two Bread Molds
Measuring Cup
Wooden Spoon

DIRECTIONS.

Mix the meals and flour well together; dissolve the soda in a little boiling water, then add to the sour milk; pour in molasses; when all is well mixed add to the meal the salt and blend all together thoroughly. Pour into well-greased Boston Brown Bread molds, quart sizes, put on the cover and steam in a steam cooker three hours, uncover and bake twenty minutes. If you do not have the steam cooker, set into a kettle of boiling water to steam.

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Recipe 5. CORN BREAD.

Materials.	Measure.
Cornmeal	1 Cup
Flour	1 Cup
Gran. Sugar	⅓ Cup
Sour Cream	1 Cup
Eggs	2
Soda	½ Teaspoonful
Salt	½ Teaspoonful

UTENSILS:

Baking Pan
Egg Beater
Measuring Cup
Measuring Spoon

DIRECTIONS.

Mix and sift all the ingredients together. Beat the eggs, add to the cream and pour gradually into the dry mixture; beat all well together, pour into the greased baking pan and bake in a moderate oven twenty to thirty minutes.

Recipe 6. CLOVER LEAF ROLLS.

Materials.	Measure.
Milk	2 Cups
Butter	3 Tablespoonfuls
Sugar	2 Tablespoonfuls
Salt	1 Teaspoonful
Compressed Yeast	1 Cake
Flour	

UTENSILS:

Stew Pan
Muffin Pan
Teaspoon
Measuring Cup
Tablespoon

DIRECTIONS.

Scald the milk in the stew pan and add the butter, sugar and salt to the milk. When lukewarm add the yeast cake dissolved in one-fourth cup of lukewarm water and gradually add about three cups of flour. Beat thoroughly, cover and let rise until light and full of bubbles. Cut down and add flour to make a stiff dough; knead and let rise again until it doubles its bulk, knead lightly and pinch off three small rolls about the size of marbles; dip in melted butter and place them in the space for one muffin in a greased muffin pan. Repeat until the pans are full. Sprinkle lightly with granulated sugar. Cover, let rise and bake from 15 to 20 minutes in a hot oven. These are very nice for afternoon luncheons, inexpensive and very easy to make.

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Recipe 7. GLUTEN BREAD.

Materials.	Measure.	Weight.
Boiled Water	2 Cups	
Compressed Yeast	½ Cake	
Salt	½ Teaspoonful	
Gluten Flour	3½ Cups	

UTENSILS:

Bread Mixer — Bread Cooler
Two Baking Pans — Measuring Cup
Stew Pan — Measuring Spoon

DIRECTIONS.

Put the water into the stew pan and bring to the boiling point. Remove from the fire, pour into the bread mixer and cool to lukewarm. Dissolve the yeast in one-fourth cup of this water and pour into the mixer, then the flour and salt. Turn the mixer until the dough is kneaded thoroughly, 15 or 20 minutes, being very careful not to have it too stiff. Set to rise in a warm place (about 75° Fahr.) to become light or double its bulk. Knead again for about 10 minutes, form into one loaf or two small ones, place in baking pans, cover with greased paper to exclude the air and let rise again until the loaves double in size. Bake 45 to 50 minutes in an oven not quite as hot as for ordinary white bread. When done remove to the bread cooler so the air can circulate all around it until cold. Keep in a dry place and not with other bread.

Gluten Bread may be made entirely of milk, the same proportion as water, and the white of one egg beaten lightly adding sufficient flour until it will drop, not pour, from the spoon. Put at once into bread pans until light and bake as in the above recipe. This bread is invaluable in all cases of diabetes, dyspepsia, obesity and rheumatism.

All measurements level. Flour sifted before measuring.

Recipe 8. SOUR MILK GINGERBREAD.

Materials.	Measure.
Brown Sugar	½ Cup
Best Porto Rico Molasses	½ Cup
Butter	1 Tablespoonful
Cinnamon	½ Teaspoonful
Ginger	1 Teaspoonful
Sour Milk	1 Cup
Soda	1 Teaspoonful
Flour	2½ Cups

UTENSILS:

Stew Pan — Wooden Spoon
Measuring Cup — Measuring Spoon
Tablespoon — Shallow Baking Pan
Pastry Brush

DIRECTIONS.

Put all the ingredients except the milk, soda and flour into a stew pan and stand on the back part of the stove where it will just slowly warm, and as it gradually heats, beat until foaming. Be sure and do not let it get hot. Remove from the fire, beat in the sour milk and the soda dissolved in a tablespoonful of boiling water. Gradually add the flour, beating well. Grease the shallow pan, pour in the batter and bake in a moderate oven until done. A few chopped nuts sprinkled over the top as it is put into the oven is a very nice addition. Two squares of grated chocolate melted over hot water and added to this recipe will make a nice chocolate gingerbread.

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Recipe 9. ENGLISH MUFFINS.

Materials.	Measure.	Weight.
Milk	1 Pint	
Butter	3 Tablespoonfuls	
Yeast	1 Cake	
Salt	1 Teaspoonful	

UTENSILS:

Stew Pan	Tablespoon
Measuring Cup	Muffin Rings or Pan

DIRECTIONS.

Scald the milk and add the butter, when lukewarm add the compressed yeast dissolved in ¼ cup of warm water and salt. Put in sufficient flour to make a drop batter, beating very well, and let rise for two hours; heat and grease the dripping pan, also muffin rings, if you use them, placing the latter in the former and half filling with the batter. Bake in a moderate oven thirty minutes until a nice brown. If you use muffin pans, heat and grease them also. These are extremely tasty, and very nice toasted and served very hot. If you do not have muffin rings use gem pans.

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Recipe 10. POP-OVERS.

Materials.	Measure.
Pastry Flour	½ Pint
Milk	½ Pint
Salt	¼ Teaspoonful
Eggs	2

UTENSILS:

1 Pop-over Pan	1 Wooden Spoon
1 Puree Sieve	1 Brush
2 Bowls	1 Measuring Cup

DIRECTIONS.

Beat the eggs without separating, until well mixed, and light. Add the milk to the eggs. Into another bowl put the flour, add the salt and pour into it beating all the while milk and flour gradually together. Strain this batter through a sieve. Have well heated and buttered iron gem or pop-over pans. Fill two-thirds full with this batter and bake in a moderate oven forty to fifty minutes, or until perfectly light, as they will surely fall if not perfectly done. It is very important to heat the pop-over pans as the desired lightness must be secured by steady heat from the bottom at the very beginning of baking.

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Recipe 11. CORN-MEAL GRIDDLE CAKES.

Materials.	Measure.
Sour Milk or Buttermilk	1 Cup
Corn Meal	1½ Cups
Flour	½ Cup
Salt	½ Teaspoonful
Soda	1 Teaspoonful
Eggs	2

UTENSILS:

Steel Griddle	Teaspoon
Cake Turner	Tablespoon
Bowl	Egg Beater

DIRECTIONS.

Beat the eggs well in the bowl without separating, adding the milk with the soda dissolved in a tablespoonful of boiling water.

Mix in the remaining ingredients and bake on hot steel griddle.

Recipe 12. GRAHAM GEMS.

Materials.	Measure.
Milk	1 Pint
Salt	1 Level Teasp'ful
Melted Butter	2 Tablespoonfuls
Graham Flour	3 Cups sifted
Eggs	3
Baking Powder	2 Rounding Teaspoonfuls

UTENSILS:

Egg Beater — Gem Pans
Measuring Cup — Teaspoon
Wooden Spoon — Two Bowls

DIRECTIONS.

Beat the yolks of the eggs and add them to the milk, then the butter and flour. Beat very hard. Beat the whites to a stiff froth and add these with the baking powder to the batter. Mix carefully and bake in gem pans in a quick oven thirty minutes. One cup of boiled rice and one-half cup of chopped dates may be added to this recipe and you will have a very nice change. In adding the rice use one-half cup less of flour.

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Recipe 13. BUCKWHEAT CAKES.

Materials.	Measure.
Compressed Yeast	½ Cake
Salt	1 Teaspoonful
Melted Butter	1 Teaspoonful
Molasses	1 Tablespoonful
Water	2 Quarts
Buckwheat Flour	
Baking Soda	½ Teaspoonful

UTENSILS:

Steel Pancake Griddle — Measuring Cup
Pitcher — Teaspoon
Cake Turner — Tablespoon

DIRECTIONS.

Dissolve the yeast in one-half cup of lukewarm water, pouring it into the pitcher with two quarts of water the same temperature. Make a smooth batter, which will run from the spoon, from the best buckwheat flour, at the same time adding the salt. Beat well and let stand over night. In the morning take out a pint of the mixture and set to one side. Now put into the pitcher the remaining ingredients. Mix lightly all together and bake on a hot griddle.

If there is any left after baking add the pint to it which has been set to one side, and the night before using pour in a pint of lukewarm water, add the salt and sufficient flour to make the batter as previously directed, and proceed as before, except now add one-half teaspoonful of baking soda dissolved in a little boiling water and stirred in carefully just before baking. Always save out some batter the first thing in the morning for the next baking. If some white flour is desired simply lesson the quantity of buckwheat but these cakes eaten occasionally will cause no trouble.

Making the batter in this way may be continued for a week if kept in a cool place, then if any is left it should be thrown out and start fresh again.

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CAKES.

(Including Butter Cakes, Sponge Cakes, Layer Cakes, Loaf Cakes, Fruit Cakes, Cookies, Fillings and Icings.)

"The character of all work depends upon the intelligence of the person who performs it."

All measurements level unless otherwise stated. Flour sifted before measuring.

There are only two kinds of cakes—butter cakes and sponge cakes, and they must be considered separately as to the manner in which they are put together and in baking. All butter cakes are stirred or beaten; for all sponge cakes, a motion called "cut" or "fold in" is used. This refers to the manner in which the flour and sugar are put into the cake. One stroke too much in sponge or angel cakes only toughens them.

There are three things very necessary in cake making.

First—material, which should be the very best butter, freshest eggs, fine granulated cane sugar, pastry flour and pure cream of tartar baking powder.

Second—putting the materials properly together.

Creaming the butter, gradually adding the sugar and then alternating with whatever liquid is used and flour. Whites of eggs if used, beaten stiff, and then the baking powder. This is only a general principle and all depends upon the texture desired in the cakes.

Third—this is the most difficult task of all, and it is knowing how to manage the oven.

If I say "a moderate oven," that may mean one thing to me and another to you. The same is true of any other temperature and nine-tenths of the failures in cake making come through not understanding the proper relation of heat to the cake in the oven. Oven thermometers are coming into common use and will no doubt prove very helpful. There is no such thing as luck in cake baking. There must be accuracy in measurements with all the other qualifications named. Cake baking is a science. Science is exact knowledge. Know the very best ways of doing, follow your recipe accurately and with some knowledge of the laws of heat in the oven and success is assured.

Never remove a cake from the pan until perfectly cold.

Never use a greased pan.

Use the best cream of tartar baking powder.

See that all utensils and materials are ready for use before beginning your cake.

Use as few utensils as possible to insure good work.

Be neat and orderly in your work and do not scatter flour and spill materials.

A cake made with water instead of milk will be more tender and keep moist longer.

To be a successful cake-maker one should make cake often, at least once a week, until you have mastered the general principles involved in it and then good judgment and brains must be mixed with every cake to insure success.

Cakes without butter require a very moderate oven; in fact, start with barely a warm oven until raised to its full height; then increase slightly to brown.

Cakes with butter require a moderately hot oven.

Layer cakes are baked more quickly than loaf cakes.

All molasses cakes and gingerbreads require a moderate oven as they burn easily.

Steam fruit cakes, when possible, and finish half an hour in a moderate oven to brown.

The "one, two, three, four cake" used by our grandmothers is really the mother of all butter cakes used today, while the sponge cake is the foundation from which angel food and sunshine cakes are derived.

Certain proportions are used as guides in all butter cakes; there is less sugar than flour and less butter than sugar. Where no eggs are used more baking powder is necessary. For instance, one teaspoonful of baking powder is sufficient for each cup of flour if several eggs are used. Do not use too much baking powder as the cake is likely to be coarse grained and dry quickly.

It is not necessary to have so many recipes as it is to obtain changes in flavoring and filling.

Recipe 1. LAYER CAKE.

Materials.	Measure.
Butter	½ Cup
Gran. Sugar	1½ Cups
Lukewarm Water	1 Cup
Pastry Flour	2½ Cups
Eggs	Whites of 4
Cream of Tartar	2 Rounding Tea-
Baking Powder	spoonfuls

UTENSILS:

Two Bowls	Teaspoon
Wooden Spoon	Spatula
Egg Beater	Cake Pans
Measuring Cup	

DIRECTIONS.

Beat the butter to a cream, add the sugar slowly, beating both until creamy. Gradually add the water, then the flour in the same way. Beat thoroughly; then add the well-beaten whites of the eggs and the baking powder, folded in gently but quickly. Put at once in ungreased Van Deusen cake pans and bake twenty minutes in a quick oven. Invert the pan and let it remain until cool. Remove from the pans and put together with any desired filling. Use the spatula to remove every particle of batter in the bowl.

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Recipe 2. MAPLE SNOW CAKE.

Materials.	Measure.
Gran. Sugar	1½ Cups
Butter	½ Cup
Pastry Flour	2¾ Cups
Lukewarm Water	1 Cup
Eggs	2
Baking Powder	4 Teaspoonfuls

UTENSILS:

One Long Cake Pan	Mixing Bowl
Wooden Spoon	Measuring Cup
Spatula	Flour Sieve
Egg Beater	

DIRECTIONS.

Put the butter into the mixing bowl and with wooden spoon beat until creamy, add gradually the sugar, then the yolks which have been beaten until thick and lemon colored. Measure the flour and put into the flour sifter, then measure the water and alternate in adding to the mixture. Beat this thoroughly and then cut and fold in the well-beaten whites of eggs and the baking powder. Bake in an oblong pan.

Filling.

Cook one pint of maple syrup and one-fourth cup of butter until it forms a soft ball when dropped in cold water. Just before the syrup is cooked enough add four tablespoonfuls of water to one-half pound of marshmallows and set them over the hot water. When they are melted beat them into the syrup mixture and continue until cool and stiff enough to remain on the cake. This should be soft and creamy and cut without cracking. Spread all over the cake and cover thickly with freshly grated cocoanut.

All measurements level unless otherwise stated.

Recipe 3.

MAY CAKES.

Materials.	Measure.
Eggs	2
Sugar	½ Cup
Butter	¼ Cup
Molasses	½ Cup
Sour Milk	½ Cup
Flour	1½ Cups
Cinnamon	1 Teaspoonful
Cloves	½ Teaspoonful
Nutmeg	
Raisins	½ Cup
Soda	1 Teaspoonful
Walnut Meats	

UTENSILS:

Dover Egg Beater, Bowl, Teaspoon, Muffin Pans, Tablespoon, Food Chopper, Measuring Cup

DIRECTIONS.

Beat the yolks of the eggs gradually beating in the sugar, butter softened and all the other ingredients. Dissolve the soda in a tablespoonful of boiling water, adding to the milk and then to the molasses. Fold in the well-beaten whites of the eggs, raisins and nuts; bake in small pans or gem pans; cover with boiled frosting and decorate with ribbons of chocolate icing.

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Recipe 4.

FRUIT DROPS.

Materials.	Measure.
Butter	1 Cup
Sugar	1½ Cups
Eggs	3
Soda	1 Teaspoonful
Hot Water	1 Tablespoonful
Flour	3¼ Cups
Cinnamon	1 Teaspoonful
English Walnuts (chopped)	1 Cup
Currants	½ Cup
Seeded Raisins	½ Cup

UTENSILS:

Two Bowls, Tablespoon, Measuring Cup, Teaspoon, Wooden Spoon

DIRECTIONS.

Cream the butter, add the sugar gradually and eggs well beaten, and the soda dissolved in the water. Then mix in half the flour with the cinnamon sifted in it.

Lastly add walnuts chopped, fruit and the remaining flour. Drop by teaspoonfuls at least one inch apart and bake in a moderate oven.

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Recipe 5. TEA CAKES.

Materials.	Measure.
Butter	½ Cup
Sugar	1 Cup
Lukewarm Water or Milk	½ Cup
Flour	2 Cups
Eggs	2
Nutmeg	¼ Teaspoonful
Baking Powder	2 Teaspoonfuls

UTENSILS:

Two Bowls — Wooden Spoon
Teaspoon — Measuring Cup

DIRECTIONS.

Beat the butter to a cream. Add gradually the sugar, then the milk or water, and the flour, now beating well. Add the eggs well beaten, nutmeg and baking powder. Bake in heart-shaped pans and ice with pink icing. Or, bake in gem pans and serve plain.

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Recipe 6. WHITE LOAF CAKE.

Materials.	Measure.
Butter	¾ Cup
Pastry Flour	2 Cups
Gran. Sugar	1¼ Cups
Whites of Eggs	6
Grated rind and juice of Lemon	½ Lemon
Soda	¼ Teaspoonful

UTENSILS:

Mixing Bowl — Cake Pan
Wooden Spoon — Flour Sifter
Egg Beater

DIRECTIONS.

Beat the butter to a cream, then gradually beat in the flour sifted two or three times with the soda. Beat the whites of eggs dry and gradually beat in the sugar. Now beat this a little at a time into the butter and flour mixture and at the last the lemon.

Line the bottom of the cake pan with buttered paper, grease the remainder of the pan, pour in the batter and bake in a steady but not too hot oven in the beginning, for about 45 minutes or until done.

Recipe 7. AFTERNOON MARGUERITES.

Materials.	Measure.
Whites of Eggs	2
Sugar	1 Cup
Water	½ Cup
Vanilla	½ Teaspoonful
Chopped Nut Meats	1 Cup
Unsalted Wafers	
Raspberry Jam	

UTENSILS:

Stew Pan — Spatula
Flat Egg Beater — Dripping Pan

DIRECTIONS.

Spread the wafers thickly with raspberry jam. Make a boiled icing of the eggs, sugar and water. Flavor and add nuts. Spread thickly over the jam and bake in a very moderate oven until a delicate brown.

Boiled Icing.

Into the stew pan put the sugar and water, place over the fire and stir until dissolved. Boil it until it will spin a thread between the thumb and forefinger. Have ready the well-beaten whites of the eggs and pour this hot syrup slowly over them, beating all the while and so continue until cold. Add the vanilla, beat well again and it is ready for use. The following fillings may also be used for a change for Marguerites:

Fig Filling.

Boil one cup of chopped figs and one tablespoonful each of water and sugar until a paste. Spread between layer with cream filling on top. Add the other layer and cover with plain cream filling.

Nut Filling.

Chop one cup of pecans or English walnuts and add to half of the cream filling and between layers and the remaining filling on top. Decorate with halves of the nut meats.

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Recipe 8. LEMON COOKIES.

Materials.	Measure.
Butter	1 Cup
Sugar	1½ Cups
Water	½ Cup, less the juice of 1 lemon
Eggs	2
Baking Powder	2 Teaspoonfuls
Rind of Lemon (grated)	

UTENSILS:

Measuring Cup	Wooden Spoon
Lemon Squeezer	Moulding Board
Mixing Bowl	Rolling Pin
Egg Beater	Spatula

DIRECTIONS.

Squeeze the lemon juice into a cup, and put in sufficient water to make the cup half full. Cream the butter and sugar, add the beaten eggs, mix well, add the water and other ingredients. Mix with flour as soft as can be rolled, sprinkle with sugar, cut and bake in a quick oven. A raisin, nut or cherry may be put in the center of each cookie.

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Recipe 9. FRUIT CAKE.

Materials.	Measure.	Weight.
Butter		1½ lbs.
Sugar		1½ lbs.
Eggs	12	
Currants		1½ lbs.
Raisins		1½ lbs.
Shelled Almonds		½ lb.
Citron		½ lb.
Candied Lemon and Orange Peel, each		½ lb.
Powdered Mace	¼ Saltsp'ful	
Nutmeg	¼ Saltsp'ful	
Fruit Juice	½ Pint	
Flour		1½ lbs.
Candied Cherries		½ lb.

UTENSILS:

Large Mixing Bowl	Flour Sifter
Egg Beater	Food Chopper
Wooden Spoon	Measuring Cup
Pastry Brush	Cake Pans

DIRECTIONS.

Beat the butter until very creamy, then slowly add the sugar, beating all the time. Whip the whites until very stiff and mix with the sugar and butter. Beat the yolks for ten minutes as they must be very light and creamy. Add them to the mixture then gradually sift in the flour, beating well all the time, and as much as possible while adding all the remaining ingredients; the currants cleaned by washing and rubbing dry in a towel to get out all the little stems; buy the seeded raisins, put through the food chopper, also the almonds, citron, lemon and orange peel. Slice the candied cherries, and lastly add any kind of fruit juice, raspberry being especially nice. Line three long, narrow cake pans with paper, butter well and divide the cake mixture, baking in a very slow oven three hours, or cover and steam for two hours and bake one and one-half hours; the latter makes a much more moist cake. This cake will keep indefinitely. This recipe will make 8¼ lbs. of fruit cake.

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Recipe 10. LADY BALTIMORE CAKE.

Materials.	Measure.	Weight.
Sugar	2 Cups	
Flour	3 Cups	
Butter	⅔ Cup	
Rich Milk	½ Cup	
Eggs	5	
Cream of Tartar	2 Teaspoonfuls	
Soda	1 Teaspoonful	
Filling		
Raisins	1 Cup	
Citron	1 Piece	
Small Cocoanut	1	
Blanched Almonds		¼ lb.
Boiled Icing		

UTENSILS:

Measuring Cup	Egg Beater
Measuring Spoon	Flour Sifter
Mixing Bowl	Four Layer Cake Pans
Wooden Spoon	

DIRECTIONS.

Cream the butter and gradually add half the sugar, beating the remaining sugar into the yolks of the eggs. Sift the cream of tartar and soda twice through the flour and gradually add this, alternating with the milk. Cut and fold in the whites of the eggs beaten stiff. Divide this mixture and flavor half with rose and into the other half is stirred one teaspoonful of vanilla, lemon or almond. Bake in four layers, two of white and two of spice. Make the boiled icing by Recipe No. 7 cake, and beat into it all the filling ingredients, raisins seeded and cut fine, citron shaved thin, and the almonds left to put on top of cake. Blanch the almonds by letting them stand in cold water several hours. Remove the skins and put into an oven to dry. When the cakes are cool, spread the mixture thickly between them and finish the top one, which should be white, with powdered sugar sprinkled over it and the almonds stuck in end-wise. This is a genuine southern recipe but is not so considered if the top is frosted as is sometimes done.

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Recipe 11. LEMON SPONGE CAKE.

Materials.	Measure.
Eggs	5
Sugar	1¼ Cups
Juice and rind of one Lemon	
Flour	1¼ Cups

UTENSILS:

Measuring Cup	Lemon Squeezer
Flat Wire Beater	Platter
Grater	Bowl
Cake Pan	

DIRECTIONS.

Beat the whites of the eggs until perfectly dry. Beat the yolks very light and gradually beat in the sugar and the grated rind and juice of the lemon, cut and fold in half of the whites, then half of the flour, and the remaining whites and flour. Bake in a Turk's Head pan fifty minutes. Cover with boiled frosting. Vary this cake by baking in an open mold and filling the center with sliced peaches, pears or any desired fruits. Serve as a dessert with whipped cream piled high in the center of the peaches, and garnished with slices of peaches. Pass whipped cream with this dessert. This is very nice served at luncheon.

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Recipe 12. GOLDEN LOAF SUGAR.

Materials.	Measure.
Egg Yolks	8
Gran. Sugar	1¼ Cups
Butter	⅔ Cup
Water	⅓ Cup
Milk	⅓ Cup
Pastry Flour	2½ Cups
Cream of Tartar	1 Teaspoonful
Soda	½ Teaspoonful
Vanilla	1 Teaspoonful

UTENSILS:

Mixing Bowl
Measuring Cup
Cake Pan
Slotted Wooden Spoon
Measuring Spoon
Egg Beater

DIRECTIONS.

Cream the butter; gradually add the sugar; beat the yolks until light; add the cream of tartar and beat very light. Add this to the butter mixture and stir thoroughly. Now alternate with the milk, flour, water, and flavoring at the last. Bake in a moderate oven from 30 to 50 minutes.

Recipe 13. EASY ANGEL CAKE.

Materials.	Measure.
Whites of Eggs	1 Cup
Gran. Sugar	1½ Cup
Flour	1 Cup
Cream of Tartar	1 Teaspoonful
Flavoring	1 Teaspoonful

UTENSILS:

Loaf Cake Pan
Measuring Spoon
Flat Wire Beater
Measuring Cup
Flour Sifter
Large Platter

DIRECTIONS.

Measure the flour and sift several times on a piece of paper; then in the same way the sugar. Break the whites of eggs into a cup and when full empty into a platter, beat until foamy, add cream of tartar and beat until stiff; gradually cut and fold in the sugar and flour. At this point be sure you do not beat nor stir but with your flat beater cut and fold as directed. When the flour is nearly in add the flavoring. Pour into a new cake pan or one that has never been greased and bake in a very moderate oven from 25 to 30 minutes.

Recipe 14. CREAM FILLING OR BOILED ICING.

Materials.	Measure.
Sugar	1 Cup
Water	½ Cup
Whites of Eggs	2
Lemon Juice	1 Teaspoonful

UTENSILS:

Saucepan
Measuring Cup
Teaspoon
Tablespoon
Egg Beater

DIRECTIONS.

Put the sugar and water on the stove, stir until the sugar is dissolved. Boil until it will spin a thread. Have ready the well-beaten whites of the eggs and pour this hot syrup slowly over them, beating all the while, and so continue until cold. Add the lemon and flavoring; beat well again. Put between and on top of layers.

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Recipe 15. SUNSHINE CAKE.

Materials.	Measure.
Whites of Eggs	7
Yolks of Eggs.....	5
Gran. Sugar	1¼ Cups
Cream of Tartar ...	½ Teaspoonful

UTENSILS:

Two Bowls	Egg Beater
Measuring Cup	Measuring Spoon
Baking Pan	

DIRECTIONS.

Have all the material ready. Measure and sift the flour several times. Do the same with the sugar. Separate the eggs putting whites into one bowl and yolks into another; beat yolks light and stiff, beat whites until foamy. Add cream of tartar and beat very stiff. Cut and fold in the sugar and add the yolks and flavoring; now fold in the flour and pour into an angel cake pan and bake in a moderate oven 45 to 50 minutes.

Recipe 16. MOCHA FILLING.

Materials.	Measure.
Butter	1 Tablespoonful
Black Coffee	2 Tablespoonfuls
Powdered Sugar ...	1½ Cups
Chopped Nuts	½ Cup
Yolks of Eggs	2

UTENSILS:

Measuring Cup	Tablespoon
Small Wire Egg Beater	Food Chopper
	Bowl

DIRECTIONS.

Prepare the coffee as usual, except allow double the amount always for black coffee. Cool. Beat the butter to a cream, add the yolks and beat well, then the coffee and gradually the sugar, beating well all the while. Mix in the nuts, which are chopped medium fine. Now (Recipe 1, Cake). Or the nuts may be put into the layer cakes instead of the filling.

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Recipe 17. MARSHMALLOW FILLING.

Materials.	Measure.	Weight.
Marshmallows		1 lb.
Water	¼ Cup	
Whites of Eggs	2	
Vanilla	1 Teaspoonful	
Lemon Juice	1 Teaspoonful	

UTENSILS:

Double Boiler	Teaspoon
Egg Beater	Measuring Cup
Bowl	Lemon Squeezer

DIRECTIONS.

Put half the marshmallows into a double boiler with the water over the fire until melted. Beat the whites of the eggs until very stiff and gradually pour over the marshmallows (melted). Flavor and put between the cake. The remaining half of marshmallows may be put into the oven until they swell but do not brown. Put them on top of the cake and pour boiled filling over them.

Recipe 18. CREAM MAPLE FILLING.

Materials.	Measure.
Maple Syrup	2 Cups
Cream	2 Tablespoonfuls
Vanilla	6 Drops

UTENSILS:

Saucepan
Measuring Cup
Tablespoon
Food Chopper or Chopping Bowl and Knife

DIRECTIONS.

Cook the maple syrup until it is almost ready to "thread," then add the cream and bring to the boiling point. Beat very thoroughly until it begins to grow thick; add minced walnuts or hickory nut meats. This should be thin enough to run over the cake.

Recipe 19. CHOCOLATE ICING.

Materials.	Measure.
Baker's Chocolate	2 Squares
Milk	½ Cup
Butter	1 Teaspoonful
Vanilla	1 Teaspoonful
XXX Sugar	

UTENSILS:

Double Boiler
Measuring Cup
Teaspoon
Spatula or Knife

DIRECTIONS.

Put chocolate and milk in a double boiler; when hot add butter; take from the fire and when perfectly cold add sufficient sugar for spreading; add vanilla.

MEATS.

(Including Roasts, Steaks, Chops, Irish Stews, Poultry and Dressings.)

"Enough is as good as a feast."

"Most of the want and much of the misery in this world may trace its beginning to lack of early training in the fundamentals of self development, character building and thrift, using the world in its best sense."—*Good Housekeeping.*

(All Measurements Level.)

The people of this nation live under intense excitement and energy, and with this great mental activity which really seems necessary in this age, meats, at least in small quantities, should be used for quick results. We are living, however, in a vegetable period and not a meat period, or more correctly speaking, we are just coming into it.

Where one demands meat and another vegetables much depends largely upon the life they live. In a vegetable diet of the right sort followed with less rapid living there is nothing better.

Pork should never be used by anyone who desires the best of food, but there can be no laws laid down as to what one should or should not eat. Think for yourself, investigate and study the best authorities on the subject.

Find out the foods with the combinations best suited to your particular needs and manner of living and then live as near to this standard as possible.

In the ordinary family the greater part of the muscle building and repairing of waste tissues is probably furnished by meat. If all the women knew how to buy and cook the cheaper cuts of meat it would help to keep down the prices of the more expensive cuts, besides, giving the family a larger percentage of nutrition. Most cooking of meat has been too rapid. "Get a meal quickly" has been the housewife's cry. Yes, and empty your purse quickly at the same time, has been the result.

While it is true the better the piece of meat the better the result, as a general thing it is possible and desirable in the average family to save expense

where it may be done without serious loss. Wise buying and careful cooking applies particularly to meats. Good meat may be spoiled by poor cooking and, on the other hand, an inferior piece of meat can be made exceedingly palatable by knowing just how to cook it. All sorts of good appetizing dishes may be prepared from the so-called cheaper cuts of meats. Never drop meat from your bill of fare unless you can supply the proper elements to nourish and sustain the body through other foods.

The housekeeper who does her own marketing should know how to buy not only the cheaper cuts of meats but the better ones as well. This practical knowledge of marketing on the part of the housekeeper affects to a marked degree both the comfort and the expense book of the family. Intelligence and skill in buying are only secured by careful practice and the purchaser must not be afraid to ask questions or show her ignorance when necessary. Most men in the markets will be found courteous and helpful if you will only let your wants be known. If your meals are planned ahead, and they should be, more than a single day's orders may be purchased ahead. This saves time and energy as the meat is the basis upon which the remainder of the meal is planned.

Recipe 1. **ROAST BEEF.**

To roast a piece of beef perfectly is no small art and yet so little has to be remembered to do it well.

The oven should be very hot.

Wipe the meat with a wet or damp cloth; place it in the baking pan, adding one teaspoonful of salt (not over the meat) and enough boiling water to keep the pan from burning. Sear well over the top. When this is done, lower the fire to a hot oven, dust the meat with pepper and baste often until done. This will require about twenty minutes to the pound, or longer if it is liked better done, although the best juices and sweetness of the meat are lost by over-cooking.

Two things must be kept clearly in mind and these are:—first, have the oven hot; second, when the meat should be basted, baste and let nothing interfere.

Another way is to have a covered roaster. Then the meat is put in dry and it is self-basting, which does away with much extra work.

Again, a roast may be placed in the baking attachment of the Fireless Cooker and with the soap stones heated and all covered closely with the hood, the roasting will be perfectly done without heat in the kitchen and the housewife free to do as she chooses.

Recipe 2. **ROAST BEEF.**

Materials.	Weight.
Roast of Beef	5 or 6 lbs.
Salt	
Pepper	

UTENSILS:

Covered Baking Pan Basting Spoon
Long Handled Fork

DIRECTIONS.

Under all circumstances, whether you burn coal, wood or gas, heat the oven to a very hot temperature before putting in the roast. Select a good rib roast—two ribs make a very nice roast—of five or six pounds. This may be boned and rolled, the bones sent home with the meat to be used

for soups or gravies. If boned, it is rolled with a piece of suet and tied; this is a much better way than using skewers as they are in the way when carving and difficult to remove. There are two terms, "roasting" and "baking." The former is placing on the broiler over the pan, searing first one side and then the other and proceed as you would for steak, reducing the temperature and lowering the flame to finish, basting with the fat and allowing fifteen or twenty minutes to the pound.

For baking proceed just the same except place in a covered baking pan with sufficient hot water to keep from burning the pan and sear for fifteen minutes, then reduce the heat, add the salt to the pan, dredge the meat with a little pepper and finish as for roasting. Remember that slow cooking will add greatly to the flavor of pork but will destroy entirely the flavor of beef. If dry and tasteless it has been poorly cooked.

Recipe 3. **POT ROAST.**

Materials.	Measure.	Weight.
Beef		3½ lbs.
Suet		¼ lb.
Onion	1	
Boiling Water	1 Pint	
Salt		
Pepper		

UTENSILS:

Kettle Measuring Cup
Meat Fork

DIRECTIONS.

Choose a thick cut of beef from the shoulder and wipe with a damp cloth. Have the kettle hot and put in the suet and rend the fat. Remove the scraps, add the onion sliced, and cook until a light brown. Remove these from the kettle and put in the meat; sear on one side, and then on the other. Turn once more and put the onions on the meat and add the boiling water. Cover and simmer slowly one hour; season with salt and pepper and continue to cook until done, an hour and a half or two hours. The secret of a pot roast is more in the cooking than in the meat, being sure not to let it boil at any time. Have sufficient liquid in the kettle for gravy which may be thickened with a tablespoonful of flour after the meat is removed to a platter. Pour the gravy over the whole and sprinkle with finely chopped parsley.

Potatoes may be cooked with this and half a pound of well-washed prunes may be added for flavor and served with the roast, or removed and pickled to be used as a relish.

Recipe 4. **IRISH STEW WITH DUMPLINGS.**

Put three ounces of suet into a kettle. When the fat is rendered out of it, remove the cracklings and slice one onion in the fat and cook until a nice brown. Have two pounds of lean meat from the round cut into two inch squares, to this meat add two tablespoonfuls of flour. Rub well together then throw into the hot fat and shake over a hot fire until nicely browned. Add one pint of stock or water; stir until boiling. Slice one carrot, add one bay leaf, 1 teaspoonful of kitchen bouquet, 1 teaspoonful of salt, and pepper to taste. Cook slowly for one hour and a half. Ten minutes before the meat is done add dumplings made as follows:

Dumplings.

1 pint of flour,
1 rounding teaspoonful of baking powder,
½ teaspoonful of salt,
1 cup of milk.

Sift dry ingredients well together and add more or less milk so that batter will drop from the spoon. Drop by teaspoonful over the meat, cover—and keep covered—for ten minutes. Serve on a platter with meat in the center surrounded by the dumplings and the whole garnished with parsley.

Recipe 5. STEAK AND VEGETABLES EN CASSEROLE.

Materials.	Measure.	Weight.
Round Steak		2 lbs.
Turnip	1	
Carrot	1	
Potato	1	
Flour	2	Tablespoonfuls
Silver-Skinned Onions	½	Pint
Celery Seed	¼	Teaspoonful
Chopped Parsley ...	2	Tablespoonfuls
Kitchen Bouquet ...	1	Teaspoonful
Salt	1	Teaspoonful
Boiling Stock or Water	1½	Pints
Pepper		

UTENSILS:

Casserole Dish	Paring Knife
Steel Spider	Measuring Cup
Tablespoon	Vegetable Cutter

DIRECTIONS.

Peel the onions and cut the vegetables into fancy shapes or cubes. Put a thick layer of these into the bottom of the casserole dish. Put the spider over the fire. When very hot throw in the steak, cut in inch squares, and sear over very quickly, shaking the flour over the meat while searing. Put the meat over the vegetables and the remaining vegetables and seasoning over the top. Pour the boiling water or stock into the spider, stirring well from the bottom. Add kitchen bouquet and a little more flour if desired to make a very thin brown sauce—pour this over the whole; cover and bake in a very moderate oven one and one-half hours. Always serve in the dish in which it is cooked.

Recipe 6. TO BROIL STEAKS OR CHOPS WITH GAS.

Materials.	Measure.	Weight.
Porterhouse, Sirloin or Club Steak at least one and one-half inches thick..		
Butter		
Pepper		
Salt		

UTENSILS:

Broiling Pan or Oven	Fork
	Hot Platter

DIRECTIONS.

Light the oven at least five minutes before putting in the steak. See that the broiling pan and rack are in order. Put the steak on the broiler when perfectly hot and put as near the gas flame as possible without touching. As soon as the steak is seared all over draw out the pan, take a fork, stick it as near the edge as possible, turn and sear the other side. Turn once more, lower the pan about six inches from the burner, turn them down about half, and broil slowly five

minutes on each side. Have the serving platter thoroughly heated and a tablespoonful of butter melted to which you have added salt and pepper. Lift the steak carefully to the platter and baste with the butter and seasoning. Garnish with thin slices of lemon, parsley, tomatoes or watercress. A steak two inches thick requires twenty minutes for broiling; one and a half inches, fifteen minutes; and one inch, ten minutes.

Club or Delmonico steaks are nice for small families.

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Recipe 7. PAN BROILED STEAK.

Materials.	Measure.	Weight.
Porterhouse, Sirloin or Club Steaks...		
English Mutton		
Boston Chops, Loin or French Lamb Chops		

UTENSILS:

Steel Spider — Fork
Hot Platter

DIRECTIONS.

Place over the fire a steel spider and when very hot put in any of the above meats which have been prepared as for recipe for broiling by gas, and turn them as soon as seared. Sear and turn again and so continue for five minutes. Then lower the flame under the pan and broil slowly for five minutes more. This is for steak two inches thick. Be very careful that there is no frying. Turn all meats more often than when broiled under gas or it will be fried rather than broiled. Finish the same as the preceding recipe. The English Mutton and Boston Chops will require fifteen minutes, and the ordinary American chop ten minutes. In pan broiling be very careful they do not fry, as mutton is fatter than beef.

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Recipe 8. LOIN OF VEAL.

Materials.	Measure.	Weight.
Loin of Veal		
Salt	1½ Teaspoonfuls	
White Pepper		

UTENSILS:

Baking Pan — Measuring Cup
Basting Spoon

DIRECTIONS.

Use care in selecting veal that is not too young and "green." The flesh should be firm, rather pink, and good sized bones. Wipe the above loin with a damp cloth and place it in the baking pan; sprinkle with the pepper and put the salt in one corner of the pan with half a cup of boiling water. Place in a very hot oven for about 15 minutes when it will be well seared. Reduce the temperature to moderate heat and bake slowly, basting often. The time required will be 20 minutes for each pound of veal. Any method of cooking requiring long slow cooking, such as stews, fricassees, casserole, fireless cooking, etc., is especially desirable for veal. If you use a covered

baking pan the basting is not necessary. The only object of the water is to keep the pan from burning and smoking until sufficient fat is obtained for basting.

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Recipe 9. HAM BAKED IN CIDER.

Materials.	Measure.	Weight.
Small Ham	1	
Cloves	¼	Teaspoonful
Pepper	¼	Teaspoonful
Cinnamon	½	Teaspoonful
Celery Seed	½	Teaspoonful
Chopped Onions	2	Teaspoonfuls
Sweet Cider	½	Gallon

UTENSILS:

Paring Knife — Vegetable Brush
Baking Pan — Baking Soda

DIRECTIONS.

Wash the ham thoroughly, rub well with baking soda and scrub with the vegetable brush. Rinse in cold water, trim neatly, and put into the baking pan skin side down. Mix in a cup all the seasonings and rub these well into the meat and sprinkle thickly with the chopped onion. Make a sheet by adding slowly one-half cup of water to one cup of flour; roll out in a sheet and cover the entire flesh of the ham, tucking down close to the skin. Fill the pan two-thirds full of hot sweet cider. Stand it in the oven and bake four hours in a moderate oven, basting often. When done remove paste and skin, trim the meat from the end bone, and decorate with a quill of paper. Place on a hot platter fat side down, garnish with parsley and pickled beets cut in fancy shapes. This is very nice served with cider sauce. Many like the addition of a bottle of wine or champagne instead of cider. Serve with sweet potatoes, tomatoes, spinach, cold-slaw and apple sauce. Twenty-five minutes is the usual time to allow to a pound.

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Recipe 10. CROWN ROAST OF LAMB.

Materials.	Measure.	Weight.
Double Rack of Lamb	1	
Salt	1½	Teaspoonful
White Pepper		
Mashed Potatoes	3	Pints

UTENSILS:

Baking Pan — Measuring Cup
Basting Spoon — Measuring Spoon

DIRECTIONS.

Select two racks or ribs of lamb and your butcher will turn and fasten them together, on each side, with the bones about two inches long standing upright. Set this crown roast into the baking pan and sprinkle with the pepper; put the salt into the pan with half a cup of boiling water. Cover the bones with oiled paper or pieces of fat pork and put into a very hot oven for 15 minutes. Lower the temperature so the roast does not burn and bake in all 45 minutes, basting often. Serve on a platter with the center filled with mashed or riced potatoes and sprinkle with finely chopped parsley on the top. Paper frills should be put on the

ends of the bones. This is also very nice stuffed with sausage when put into the oven. Then the potatoes are served in a separate dish.

Loin or ribs of pork may be used in the same manner, garnished with fried apples.

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Recipe 11. CHICKEN FRICASSEE.

Materials.	Measure.	Weight.
Chicken		4 lbs.
Butter	2 Tablespoonfuls	
Flour	2 Tablespoonfuls	
Water	1 Pint	
Grated Onion	1 Tablespoonful	
Salt		
Pepper		
Parsley		

UTENSILS:

Steel Spider	Stew Pan
Tablespoon	Measuring Cup

DIRECTIONS.

Select a chicken which is tender; singe and disjoint. Put into a colander or frying basket and let the water run quickly over it. Wipe each piece dry. Put the butter into the spider and over not too hot a fire; dip the pieces in flour. Put into the spider to brown on both sides. Remove the chicken and add the flour; stir well. Add the water and seasonings. When boiling add the chicken. Cover and simmer gently for at least one hour or until tender. This must be cooked slowly or you will have a tough and tasteless chicken. When ready to serve, arrange the chicken on a platter and strain the gravy over it. Garnish with triangles of toasted bread and parsley.

Recipe 12. ROAST TURKEY WITH DRESSING.

Materials.	Measure.	Weight.
Turkey		10 lbs.
Bacon		
Butter		
Salt		
Pepper		

UTENSILS:

Covered Roasting Pan	Long H'dled Spoon
	Steel Skewers
Large Meat Fork	Oiled Paper

DIRECTIONS.

Select a plump turkey having smooth, dark legs and the cartilage at the end of the breastbone should be rather soft and pliable. Remove the hairs by holding the bird over an alcohol flame or twist a piece of paper up tightly and light it, holding turkey over this and changing the position often until every part is singed. Cut off the head and with a pointed knife remove the pin feathers.

For most housekeepers it is better to have the turkey drawn (that is the intestines removed and tendons pulled out) by the butcher. Now all that remains to be done is to wring a cloth from cold water and wipe the bird both inside and out, or by holding it under the cold water faucet and letting the cold water run through; but do not let the fowl soak in cold water. Wipe dry. Truss by drawing the thighs close to the body and hold by

inserting a steel skewer from one middle joint through the body to the other. Cross the ends of the legs and tie securely with a string, covering quite well up with several thicknesses of oiled paper. Bend the wings so they fit closely to the body and then fasten both firmly with another skewer. Draw the neck skin well to the back and fasten in like manner. Brush well with melted butter and place in the roaster, breast down, laying strips of bacon over the back of turkey and dust well with flour. Cover the pan and place in a VERY hot oven for fifteen minutes. Gradually reduce the temperature until a moderate oven and then finish in a slow oven which will take about three hours. Add salt and pepper when half done and turn on its back. If you do not use a covered roaster put in sufficient water to keep pan from burning, then the turkey must be basted every fifteen minutes, watching carefully that it does not brown too fast; if it does, cover with several thicknesses of oiled or buttered paper.

Remove the string and skewers before serving. Garnish with parsley or celery tips.

The true flavor of the turkey is preserved when it is not stuffed with a dressing.

If it is desired, use three cups of grated white bread crumbs, one teaspoonful of grated onion, one-half cup of melted butter, one-half of finely chopped green pepper (sweet), one cup of chopped celery and one pint of well-washed and drained oysters and salt to taste. Mix together in the order given. If desired, a beaten egg or two may be added to this stuffing.

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Recipe 13. ROAST DUCK AND GOOSE.

Materials.	Measure.	Weight.
Domestic or Wild Ducks or Goose..		
Stuffing		
Salt		
Pepper		

UTENSILS:

Baking Pan — Long Handled
Large Meat Fork — Spoon

DIRECTIONS.

Singe the ducks and remove the pin feathers, wash and scrub in hot water (if a goose use hot soap suds) then draw as directed in the preceding recipe for turkey. Wash in cold water by holding under the faucet, wipe dry and truss. Place the ducks in the baking pan, preferably one with a rack in the bottom, and cover the breast with very thin slices of bacon or salt pork. Bake in a very hot oven fifteen minutes to every pound if wild ducks and little more than twice the time if domestic. Add half a cup of boiling water for each duck and baste every ten minutes. Serve onions and brussel sprouts or browned sweet potatoes, apple and celery salad or lettuce and orange salad.

Roast Goose.

Prepare same as for duck and rub the inside with salt and an onion cut in halves. Fill with prune stuffing and steam for two hours and bake one hour, basting every ten minutes.

Prune Dressing.

Cook one-half a pound of prunes by soaking over night and cooking slowly in a double boiler. Pare, quarter and core three large tart apples and add to the prunes which have been stoned and cut into pieces. Cook one-half cup of rice until tender, as in Recipe 1, under Vegetables. Shell and blanch a dozen chestnuts; boil until tender and cut in pieces; add to the above mixture with one-half cup of butter, one-half teaspoonful of paprika and a good pinch of cinnamon. Mix all well together and it is ready for use.

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MEAT SUBSTITUTES
and
Substantial Meals Without Meat.

(Including Menus Without Meat, Sandwiches and School Luncheons.)

And God said: "Behold, I have given you every green herb bearing seed which is upon the face of all the earth, and every tree yielding seed; to you it shall be for meat."

FOODS.

Two General Classes.

First—Nitrogenous or flesh forming foods and necessary to repair the daily waste of tissue.

Second—Carbonaceous or heat producing foods and are the source of our strength and energy.

Flesh-formers—Meat, eggs, fish, milk, cheese, nuts, peas, oatmeal, rye, wheat, corn.

A perfect diet consists of a correct combination of common food materials, blended to suit the age, occupation, sex, and climate in which the individual lives.

SUBSTITUTES FOR MEAT.

Some vegetables are perfect substitutes for meats.

All the grains, such as whole wheat, rice, barley, oats, corn and nuts, also cheese, peas, beans, lintels, macaroni, raisins, figs and bananas are meat substitutes.

Other vegetables are important articles of diet, but they should not be made the basis of your dietary.

"NO MEAT" MENUS.

Breakfast—Eggs on toasted white bread, sliced tomatoes, brown bread and butter, coffee.

Luncheon—Hot chocolate, bread and butter, lettuce salad.

Dinner—Spinach soup, macaroni and cheese, cucumber salad, floating island, coffee.

Breakfast—Blueberries and cream, steamed eggs, toast, coffee.

Luncheon—Cream cheese and pimento brown bread sandwiches, graham crackers, grape juice.

Dinner—Barley soup, lima beans, mashed potatoes, cabbage salad with mayonnaise, black coffee, cheese and wafers.

Breakfast—Breakfast food and cream, apple sauce, Graham gems, coffee.

Luncheon—Cheese souffle, milk biscuit, berries, tea.

Dinner—Puree of peas, croutons, walnuts, apple and celery salad (French Dressing), steamed rice pudding, coffee, cheese and wafers.

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Recipe 1. BRESLAU OF MEAT.

Materials.	Measure.
Chopped Beef, Veal or Chicken	1 Pint
Stock	1 Gill
Butter	2 Tablespoonfuls
Fresh Bread Crumbs	½ Cup
Cream or Milk	½ Pint
Chopped Parsley	1 Tablespoonful
Eggs	3 Yolks
Worcestershire Sauce	1 Teaspoonful
Salt	1 Teaspoonful
Mushroom Catsup	1 Teaspoonful
Nepaul Pepper	¼ Teaspoonful
Kitchen Bouquet	½ Teaspoonful
Tomato Sauce	

UTENSILS:

Food Chopper, Bowl, Measuring Cup, Tablespoon, Brush, Dripping Pan, Custard Cups, Egg Beater, Teaspoon

DIRECTIONS.

Beat the yolks and chop the parsley fine; then mix all the ingredients well together. Brush custard cups well with melted butter and press the mixture into them. Partly fill a baking pan with boiling water, stand the cups in it, and bake in a quick oven for thirty minutes. When done, turn them from the cups onto a heated dish, pour around Tomato Sauce, garnished with triangles or hearts of toasted bread and serve hot.

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Recipe 2. PICNIC PATTIES.

Materials.	Measure.
Pastry	
Chopped Chicken or Veal	1 Cup
Butter	1 Tablespoonful
Flour	1 Tablespoonful
Meat Stock	½ Cup
Cream	½ Cup
Chopped Pimento	1
Chopped Celery	1 Tablespoonful
Salt	

UTENSILS:

Patty Pans, Tablespoon, Measuring Cup, Sauce Pan

DIRECTIONS.

Line the patty pans with a rich pastry. Make a sauce of the butter, flour, stock and cream. Stir until it thickens and add all the remaining ingredients. Fill the patties with this. Cover with a top crust. Bake in a hot oven. These are suitable for home luncheons or picnics.

Recipe 3. HAM SOUFFLE.

Materials.	Measure.
Fine Chopped Ham. 1	Pint
Milk 1	Pint
Fine White Bread Crumbs ..... ½	Pint
Butter 2	Tablespoonfuls
Flour 2	Tablespoonfuls
Eggs 3	
Slice of Onion 1	
Paprika	

UTENSILS:

Tablespoon	Measuring Cup
Baking Dish	Food Chopper
Sieve	Sauce Pan

DIRECTIONS.

Melt the butter in the sauce pan and cook the onion in this without browning; add the flour, paprika and milk; let boil until it begins to thicken, then strain over the bread crumbs and ham. Mix thoroughly, at the same time stirring in the yolks of eggs and fold in the whites beaten dry. Turn into the buttered baking dish, set into a pan of hot water and bake in a moderate oven thirty to forty minutes. Strained tomatoes may take the place of the milk.

Recipe 4. THE REAL SPAGHETTI A LA ITALIANNE.

Materials.	Measure.
Salt Pork or Bacon 4	or 5 Slices
Tomato Paste 1	Tablespoonful
Onion 1	
Sweet Peppers 3	
Beef or Veal 6	Slices
Tomatoes 1	Can
Salt 2	Teaspoonfuls
Flour 1	Tablespoonful
Grated Cheese 1	Cup
Spaghetti	

UTENSILS:

Steel Spider	Tablespoon
Grater	Hot Serving Dish

DIRECTIONS.

Put the salt pork or bacon into the spider, and after the grease is thoroughly cooked out, discard the pieces of fat. Add the tomato paste to the grease and when softened, add the onions and peppers well chopped. Then to this add slices of beef or veal (or as many pieces as you have persons to serve). Let this simmer ten minutes, putting in the tomatoes and salt. Moisten the flour with a little water, use to thicken and let cook slowly on the back part of the stove, while preparing the spaghetti which should be put into a kettle half full of boiling water, and boil rapidly from 15 to 25 minutes. Blanch in cold water. Have the hot dish in which you wish to serve in readiness, cover the bottom with the sauce, then some of the cheese and a generous helping of spaghetti reheated by setting the dish in boiling water; another layer of sauce and a fine sprinkling of cheese capped by a piece of the beef or veal, and you have a genuine dish of the "real thing."

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Recipe 5. LENTEN EGGS ON CODFISH CAKES.

Materials.	Measure.
Chopped Salt Codfish	1 Cup
Diced Potatoes	2½ Cups
Butter	½ Tablespoonful
Pepper	
Eggs	6
Bacon	2 Slices
Vinegar	2 Tablespoonfuls
Onion, Grated	1 Teaspoonful

UTENSILS:

Stew Pan — Vegetable Knife
Measuring Cup — Tablespoon
Teaspoon — Frying Basket
Kettle — Egg Poacher — Fry-pan

DIRECTIONS.

Cut or pick the codfish in small pieces, peel and dice the potatoes, allowing full measurement and put both into the stew pan in boiling water to boil. When the potatoes are tender, drain and mash all well together, add the well-beaten egg, a dash of pepper and the butter, beat up very nice and light. Take up by tablespoonfuls, mold into flat cakes, dip in fine bread crumbs, place a few at a time in your frying basket and dip in hot fat until a rich brown, drain on blotting or brown paper and arrange on a hot platter. Poach six eggs in your egg poacher and lift carefully to the top of the codfish cakes. In the meantime have the bacon cut up very fine, throw into a fry-pan until the fat is out, add the onion, stir well, remove from the fire and quickly put in the vinegar and dip this over the eggs. Send at once to the table. This is a very nice breakfast or luncheon dish. This will make six or eight cakes.

All measurements level unless otherwise stated.

Recipe 6. BAKED BEANS.

Materials.	Measure.	Weight.
White Navy Beans	1 Quart	
Salt Pork		½ lb.
Molasses	¼ Cup	
Tomato Sauce	1 Cup	
Salt	1 Teaspoonful	
Soda	¼ Teaspoonful	
Pepper	¼ Teaspoonful	

UTENSILS:

Bean Pot — Measuring Cup
Stew Pan — Sharp Knife
Colander

DIRECTIONS.

Wash and soak the beans over night in plenty of cold water. In the morning wash and put them into the kettle; cover with cold water and bring slowly to the boiling point. Add the soda when nearly boiling. Boil just a moment and turn into a colander and drain well. Return to the kettle and cover with freshly boiled water and simmer until upon lifting some of the beans on a spoon and blowing on them the skins crack. Now pour into the bean pot and bury the pork, which has been scored or the skin cut through in squares, in the beans. Mix the molasses and a quart of water from the beans together, pour this over, sprinkle with pepper, add a cup of tomato sauce if you like the flavor and cover with the rest of the water, reserving the remainder to use later over the beans if they bake dry. Bake in a moderate oven covered for six or eight hours. These should be perfect in shape and just moist. These may be done in the Fireless Cooker and browned in the oven for twenty minutes.

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Recipe 7. CHILDREN'S SCHOOL SANDWICHES AND LUNCHEONS.

"Over the hills and through the valleys
List to nature's wooing call,
Seek the field, the shore, the wildwood,
Summer comes with joys for all."

Of all the work a mother has to do for her children, none is more troublesome than putting up luncheons day after day with a due regard for variety and wholesomeness, and for the fickle and often unreasonable taste of the child. If one could only give chocolate layer cake or large cucumber pickles every day and nothing else, then, indeed, one might be sure the luncheon would be eaten and approved by the small gourmand; but when one has a maternal conscience such things must be dealt out infrequently, and bread and butter offered day by day—a diet to which most children are indifferent if not actively hostile.

How to "do up" a luncheon which shall be appetizing, wholesome, and varied day after day, when often the larder is bare of dainties, is indeed a subject for study. It may be done occasionally with comparative ease, since woman's wit is equal to severe strain, but for ten months a year and twenty days a month—that gives the most ingenious pause.

Sandwiches are to be considered first, because one begins with them every morning. A good plan is to have them of different kinds of bread, either of white and whole wheat each day, or perhaps better, of white one day, whole wheat the next, Boston brown bread the third, white again the fourth, and little baking-powder biscuit the fifth. Of course fresh baked bread will not do; it must be at least a day old, and should be very thin, with most of the crust cut off; not all by any means, but only the heavy edge.

Sandwich fillings are legion, many of them nourishing and good, and a little handbook of suggestions is a boon to mothers, because invention fails so often. These combinations will be found easily prepared and appetizing.

Meat Sandwiches.—Cold roast beef chopped and slightly salted, between slices of white bread. Chicken, cut very thin and salted; white bread. Boiled ham, chopped very fine, mixed with a very little dry mustard; brown bread. Roast veal, finely chopped, with a few olives mixed in; brown bread. One very thin layer of chopped ham and a slice of chicken; white bread. Corned beef shaved very thin; white bread.

Salad Sandwiches.—Lettuce leaves on white buttered bread, with a very little French dressing made by mixing a teaspoonful of oil with a few drops of lemon juice and a little salt. Chopped watercress on buttered bread, white or brown, with salt. Very thin slices of cucumber, with salt; white bread. Thin slices of tomato, drained of all pulp and seeds and wiped dry; salt. Nasturtium leaves, with French dressing or salt. Lettuce with a little cream cheese spread on it, and salt or lemon juice. Watercress and cream cheese. Celery, chopped very fine and mixed with either French dressing or a little mayonnaise, or merely with salt and lemon juice; whole-wheat bread. Chopped green peppers mixed with cream cheese.

Sweet Sandwiches.—Chopped dates, wet with a little cream; white bread. Orange marmalade; whole-wheat or white bread. Figs, chopped fine and wet with cream; whole-wheat bread. Figs and nuts, chopped together; white bread. Nuts and raisins, chopped together; whole-wheat bread. Candied ginger, chopped; white bread. Prunes, chopped with peanuts; white bread.

Other mixtures are these:

Hard-boiled eggs chopped and mixed with French dressing. Cream cheese, alone or mixed with chopped nuts; Boston brown bread. Baked beans seasoned with lemon juice, mashed to a paste; very thin white bread. Stewed oysters, chopped. Olives, chopped; white bread.

It is always best, if possible, to have two kinds of sandwiches, one of meat, eggs, or cream cheese, and the other of some sweet mixture, perhaps two of each. On the day the tiny biscuit are used there may be some thin slices of cold meat, with a couple of olives, for a change.

Never warm or melt the butter, but beat until soft and creamy. The fillings may be made from all meats, most vegetables, eggs, cheese and the use of mayonnaise. Sandwiches depend upon the seasonings and it is very essential to have these on hand so as to lend variety to the luncheons and outings. Season corned beef or chopped ham with mustard. Roast beef or boiled tongue with Harvey, Worcestershire sauce or horseradish. Lamb, with capers, tomato sauce, catsup or chopped mint. Chicken or veal with chopped celery or celery salt or chopped pimentos. (The latter are a sweet Spanish pepper put up in little cans for 12 or 15 cents and a great addition in most all cookery, particularly salads and sandwiches.) Fish with onion juice, parsley and chives.

Nuts, cheese, eggs, mayonnaise, celery, cress, cucumbers, tomatoes and olives combined with meat and any of these vegetables make delicious sandwiches.

When they have to stand any length of time after making before they are to be used, pack in a stone jar and cover with a cloth wrung out of cold water, and when ready to be packed for the lunch wrap in oiled paper, keeping different foods separated by pieces of cardboard, and salads packed in tightly fitting jars.

Recipe 8. **SALAD SANDWICHES.**

Materials.

Tomatoes .....
American Cheese ..
Mayonnaise .....
Chives .....
Salt and Paprika ...
Chopped Peanuts ..
Bread .....
Butter .....

UTENSILS:

Sharp Bread Knife
Spatula
Vegetable Knife
Shears
Chopping Bowl
Round Cutter

DIRECTIONS.

Cream the butter in the bowl. Cut the bread in round, thin slices. Butter. Have the tomatoes peeled and very cold; slice thin and lift up with the broad spatula on the bread; sprinkle with salt and paprika. Cut the cheese as thin as a wafer and have it round also. Lift this to the tomato, spread with mayonnaise, chopped chives and peanuts. Cover with another round of buttered bread. Press well together.

These may be changed to a most delicious salad by cutting the slices of tomatoes quite thick and seasoning with salt and paprika. Then cheese and mayonnaise, another slice of tomato with seasoning; cheese, mayonnaise, chives and chopped peanuts on top. Serve on lettuce.

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Recipe 9. HAM SANDWICHES.

Materials.	Measure.	Weight.
Cold Boiled or Baked Ham		½ lb.
Cold Boiled Tongue		¼ lb.
Cold Chicken		¼ lb.
Hard Boiled Eggs..	4	
Soft Mustard	1 Teaspoonful	
Chopped Capers ...	1 Teaspoonful	
Salt and Paprika ...		
Mayonnaise		
Bread		
Butter		

UTENSILS:

Food Chopper	Mortar and Pestle
Sharp Knife	Scales
Stew Pan	Measuring Spoon
Spatula	Vegetable Press
Spoon	

DIRECTIONS.

Chop the meat fine, pound and mix well in a mortar. If you do not have a mortar and pestle, put the meat through the chopper two or three times and work well with the back of a spoon. Season with mustard, salt, paprika and capers; moisten well with mayonnaise; chop whites of eggs fine, add to this and mix all well together. Put the yolks of the hard boiled eggs through the vegetable press or sieve, season with salt and paprika and mix with sufficient mayonnaise to spread. Cream the butter as usual, cut thin slices of bread, spread with the creamed butter. On one slice spread the meat mixture, on the other the egg mixture Press well together, wrap in oiled paper and pack. Be sure these (and in fact all sandwiches) are moist. Anything but a dry sandwich.

If preferred, ham alone may be used with perfect results, either sliced or chopped and well seasoned. If lettuce is used with them shred it fine.

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Recipe 10. CHICKEN SANDWICHES.

Materials.	Measure.	Weight.
Cold Chicken		
Celery		
Shredded Lettuce ..		
Nuts		
Mayonnaise		
Salt and Paprika ...		
Bread		
Butter		

UTENSILS:

Food Chopper	Sharp Knife
Spatula	Bowl
Spoon	Whip Churn

DIRECTIONS.

Put any bits of cold chicken also the celery through the food chopper, using the fine cutter. Season well with salt and paprika and a dash of cayenne pepper. Now mix well with the mayonnaise, half of which is whipped cream. Spread thin slices of bread with crusts removed with plenty of creamed butter. Spread the lower slice with the chicken, mayonnaise and shredded lettuce, and the upper slice with the nuts.

Press well together; pack in a jar covered well with a towel wrung out of cold water. Or, if preparing them for a picnic wrap them in oiled paper.

If a sliced chicken sandwich is desired cut the chicken as thin as pos-

sible, spread with the mayonnaise—a little shredded lettuce on top of that and put between buttered slices of bread, trimming the edges neatly.

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EGGS.

(Steamed, Deviled, Stuffed, Scrambled, Curried and Omelets.)

"We learn from mistakes, from experiences, even more than from success."

"The discovery of a new dish does more for the happiness of man than the discovery of a star."

(All measurements are level unless otherwise stated. Flour is sifted before measuring.)

The housekeeper who has given little or no thought to the composition of eggs has much to learn of this very nutritive food. While this food, the egg, is in common use and probably always will be, a little more thought should be given to the best ways of cooking it.

One of the simple things to remember in cooking is that the albumen in the egg coagulates at a high temperature; hence to have that soft creamy consistency, be careful of extremes in heat and too long a time over the fire.

Eggs for cakes and souffles should be separated and the whites and yolks beaten separately. The main thing in the white is the amount of air that is beaten into it. The white of the egg never acts chemically upon any of the ingredients with which it is mixed, but the membrane being tough it has the power of sustaining the air beaten into it; when carefully folded into the batter it sustains that lightness to the end, if carefully baked.

Hot or warm water makes a much more tender omelet than milk, and there is no reason for failure of these most toothsome articles if one is reasonably careful.

A good omelet pan is as necessary to success as good eggs. A good steel spider, smooth, and the right temperature will go a long way toward producing good results.

It is the practice which makes perfect, and if you fail, try again for, "The man, or woman, who never makes any mistakes in life never makes anything else."

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Recipe 1. EGGS STEAMED.

Materials.	Measure.	Weight.
Eggs	4	
Boiling Water	2 Quarts	

UTENSILS:

Large Stew Pan Egg Cups

DIRECTIONS.

Put the eggs into the stew pan containing the boiling water and cover. If you use natural gas the entire plate becomes hot, so you had better set the pan entirely off the stove. Let stand ten minutes. The white will be of a

creamy consistency, the yolk perfectly cooked, and altogether much more wholesome than the leathery white which is the result of rapid boiling. If you should add six eggs let stand fifteen minutes. One egg, one quart of boiling water, cover and let stand five minutes.

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Recipe 2. POACHED EGGS.

Materials.	Measure.	Weight.
Strictly Fresh Eggs		
Salt and Pepper		
Toast		
Boiling Water		
Butter		

UTENSILS:

Egg Poacher Spatula

DIRECTIONS.

Fill the egg poacher or spider with boiling water. Draw the poacher to one side of the stove where the water cannot possibly boil. Carefully break the eggs into the sections, cover and let stand three minutes or until the white is "set." Instead of covering you can dip the hot water over the eggs until they look pink. With your spatula carefully loosen the egg and remove to a nicely browned and buttered piece of toast, cut round. Season with salt and a dash of paprika, garnish with a bit of parsley and you not only have an attractive dish but if carefully done a wholesome one as well.

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Recipe 3. HAM AND EGGS.

Materials.	Measure.	Weight.
Fresh Eggs	6	
Large Slices of Ham		

UTENSILS:

Steel Spider Fork
Hot Platter Spoon
Broad Pancake Turner or Spatula

DIRECTIONS.

Have the spider very hot. Put in the ham, sear and turn; sear and turn again. So continue until the fat on the ham is a golden brown. Draw the ham from the fire, cut the ham in six small pieces, and arrange on the platter. Break the eggs in the fat. Be sure it is not so hot as to bubble and splutter. With a spoon dip the fat over the egg until a white film forms on the yolk; remove to the slices of ham. Serve at once, garnished with cress and slices of lemon.

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Recipe 4. LUNCHEON EGGS.

Materials.	Measure.
Tomato Sauce	½ Pint
Hard Boiled Eggs ..	3
Toast	
Parsley	
Cream	¼ Cup
Salt and Pepper	

UTENSILS:

Double Boiler — Tablespoon
Knife — Potato Ricer

DIRECTIONS.

Make a tomato sauce according to Recipe 1 in sauces. Chop the whites of the eggs very fine and add to this sauce with the cream, salt and pepper. Arrange four dainty slices of toast on a platter and pour over this sauce, forcing the yolks through the ricer or chopped very fine. Sprinkle this over the top. A little grated cheese may be added to the tomato sauce when you have it. If there is too much acidity in the tomatoes which might make the sauce curdle, add just a pinch of soda.

Recipe 5. DEVILED EGGS.

Materials.	Measure.
Eggs	6
Ham	1 Tablespoonful
Pimento	½
Melted Butter	1 Tablespoonful
Salt and Paprika to taste	

UTENSILS:

Tablespoon — Stew Pan
Mixing Bowl — Wooden Bowl and Chopper

DIRECTIONS.

Put the eggs into warm water and bring to the boiling point which is 212 degrees. Lower to about 200 degrees and keep them there for thirty minutes. Put into cold water. Shell, cut into halves lengthwise and remove yolks; put them into the bowl, add melted butter, the pimento and ham chopped; add the other ingredients, re-fill the whites and fasten the corresponding halves together with toothpicks. Dip first in egg and then in bread crumbs, repeat once more and fry in hot fat. Serve wrapped in tissue paper, the ends fringed and tied for picnics, or, put on hot platter and pour white sauce or Mexican sauce around when served at home.

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Recipe 6. FRIED STUFFED EGGS.

Materials.	Measure.
Eggs	6
Melted Butter	3 Tablespoonfuls
Anchovies or Sardines	2 or 3
Vinegar	2 Teaspoonfuls
French Mustard	2 Teaspoonfuls
Salt	
Paprika	½ Teaspoonful

UTENSILS:

Sauce Pan — Tablespoon
Knife — Teaspoon
Kettle — Frying Basket

DIRECTIONS.

Hard boil the eggs as for Recipe 10, cut lengthwise and remove the yolks and mash, season with all the ingredients given, mixing well. Re-fill the whites, put two halves together, fastening with a toothpick. Roll in egg and bread crumbs and fry in a hot fat.

Recipe 7. PLAIN OMELET.

Materials.	Measure.	Weight.
Eggs	4	
Warm Water	4	Tablespoonfuls
Lemon Juice	1	Teaspoonful
Butter	1	Tablespoonful
A little grating of Nutmeg		
Chopped Parsley	1	Tablespoonful
Salt	1	Teaspoonful

UTENSILS:

Flat Egg Beater	Steel Spider
Bowl	Spatula
Tablespoon	Hot Platter
Teaspoon	

DIRECTIONS.

Use a steel spider always for an omelet. Fry or frying pans are both too thin and the omelet would heat too quickly in the center. Put the butter into the spider and heat slowly. Break the eggs into the bowl and only beat sufficient to thoroughly mix the whites and yolks; add the water and seasonings except parsley. Draw the pan to the hottest part of the stove and when very hot, but the butter not browning, add the eggs all at once. Let set a moment and then with your spatula loosen the omelet at the edge, allowing the thin portion or uncooked part to run under and so continue until the omelet is "set." Now sprinkle over the parsley finely chopped and with your spatula turn over one-third of the omelet, then fold once more as you turn it out. Serve at once. More failures are reported to me in omelets than in almost any other branch of cooking. Each and every detail must be carefully followed to insure success. The steel spider, perfectly smooth, is the first requisite, then do not beat the eggs too much, twelve or fifteen minute beats will usually do the work, and the butter, while hot, must not be brown and smoking. These directions carefully followed—not once but always—you cannot fail.

This omelet may be varied by chopping ham very fine—two tablespoonfuls when chopped—and adding just before folding. Then you have a ham omelet. Peas, tomatoes, oysters, bacon, red and green peppers, sweetbreads and grated cheese all lend variety to a plain omelet.

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Recipe 8. EGGS SCRAMBLED WITH PIMENTOS.

Materials.	Measure.
Pimentos	1
Onion Juice	1 Teaspoonful
Chopped Parsley	1 Teaspoonful
Eggs	4

UTENSILS:

Sauce Pan	Wooden Spoon
Double Boiler	Tablespoon

DIRECTIONS.

Drain and chop the pimento fine. Add the onion juice, salt and parsley and simmer for two minutes. Scramble the eggs in the double boiler and when nearly finished add the pimentos and finish together.

Recipe 9. BREAD OMELET.

Materials.	Measure.
Butter	1 Tablespoonful
Bread, grated	½ Cup
Eggs	4
Salt	½ Teaspoonful
Paprika	
Sweet Green Pepper (small)	1

UTENSILS:

Steel Spider — Two Bowls
Egg Beater — Measuring Cup
Chopping Bowl and Knife

DIRECTIONS.

Prepare the pan the same as for Plain Omelet. Soak the bread crumbs in just enough milk to soften.. Beat the yolks of the eggs separately. Add to the yolks the seasonings and bread crumbs. Mix well, very gently fold in the well beaten whites and the pepper finely chopped. Pour into the spider, leave for a moment over the fire. Then cover and set over a very moderate heat for ten minutes. Cut nearly through the center, fold and turn on to a hot platter, and serve at once. This omelet is very nice without the pepper although the tone of the pepper to those who like it is a great addition.

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Recipe 10. CURRIED EGGS.

Materials.	Measure.
Eggs	6
Onions	3
Butter	1 Tablespoonful
Bacon Fat	1 Tablespoonful
Curry Powder	1 Teaspoonful
Flour	1 Teaspoonful
Stock or Water	1 Cup
Rice	

UTENSILS:

Vegetable Knife — Tablespoon
Sauce Pan — Double Boiler

DIRECTIONS.

Put the eggs into boiling water and let cook just below the boiling point for thirty minutes. Put at once into cold water and when cool slice thin around a mound of rice on a hot chop plate. Have the onions peeled and sliced very thin and put with the fat into the double boiler. Cook until the onions are soft and yellow; now add all the remaining ingredients, stir until boiling and the desired thickness. Strain this curry sauce and serve at once. Garnish with sweet red peppers, cut in fancy shapes.

Recipe 11. EGGS A LA SUISSE.

Materials.	Measure.
Eggs	4
Parmesian Cheese	
Butter	2 Tablespoonfuls
Cream	
Chopped Parsley	
Salt and Pepper	
Toast	

UTENSILS:

Baking Dish — Chopping Bowl and Knife
Tablespoon — Toaster

DIRECTIONS.

Spread the butter in bits over the bottom of the baking dish, then a layer of cheese, then break the eggs. Salt and pepper, a little cream, then add another layer of cheese. Put into a moderate oven 10 minutes, or until the eggs are set. Garnish with parsley and serve hot.

Recipe 12. **EGGS AU GRATIN.**

Materials.	Measure.
Eggs	4
Grated Cheese	
Salt	
Pepper	
Vinegar	1 Tablespoonful
Toast	

UTENSILS:

Egg Poacher Broad Spatula
Steel Spider

DIRECTIONS.

Have some boiling water in the spider with the vinegar and a little salt. Use an egg poacher if you have it; if not, break the eggs into the water; cook slowly until the eggs are set; lift out carefully and set on rounds of buttered toast. Sprinkle each egg with a little grated cheese, brown quickly in a hot oven and serve.

SAUCES.

(For Meats, Fish, Vegetables, Puddings and Frozen Desserts.)

"Sauces and soups are the fine art of cookery and the person who understands them must understand tastes and flavors and possess a trained palate."

(All measurements level. Flour sifted before measuring.)

It is considered a great art by a few cooks and housekeepers to make good sauces. Unfortunately, it is the few rather than the many who recognize this or really take the trouble to make sauces properly. They hurry over them and subject them to too much heat and consequently send to the table a thick, disagreeable paste, lumpy or thin and watery.

To make good sauces takes a little time, but it is quite worth while as gravies and sauces constitute the perfection of entrees; even for a simple hash it is very necessary to make them with care. When one becomes familiar with a basis for all sauces others are quickly and easily made.

Sauces are intended as an accompaniment to the meat, fish, vegetable or pudding with which they are served and should be in perfect harmony with it. They should never be so prominent in flavoring or served in such quantity as to lose sight of the main dish. Pale sauces and gravies are not desirable, and this can easily be remedied by always having a bottle of Kitchen Bouquet in the kitchen, and using it sparingly as so little is required to produce the required color and flavor. If you wish a white sauce, have it white; if a yellow one, yellow; and a brown sauce should be brown. Browned flour is also ex-

cellent for thickening and coloring and gives a fine flavor but double the given amount of flour when desired browned.

Serve a sauce as soon as possible after making as there is danger of separating.

If necessary to keep hot, set in a pan of hot water.

All sauces are made or derived from brown or white sauce and the flavoring makes the numerous changes. The basis for this is one rounding tablespoonful of butter, the same of flour and one-half pint of any desired liquid, such as stock, strained tomatoes, milk, cream, water, etc.

Certain sauces belong to some particular vegetable, meat, fish or dessert, such as brandy sauce with plum pudding, cranberry sauce with turkey, apple sauce with pork, mint sauce with lamb, and caper sauce with mutton.

A general principle in uniting material for sauces is, rub butter or fat and flour together, and soften with a little of the hot liquid which is heating in the double boiler; stir all together until it is the desired thickness. In this way the flour is most thoroughly cooked, besides more digestible than when cooked in the fat.

The main or standard seasonings are salt, pepper, paprika, onion, bay leaf, Worcestershire sauce, Tobasco sauce, mint, capers, and flavorings from meats, fish, stock or vegetables. The thickening may be flour, bread crumbs, yolks of eggs, arrowroot, cornstarch or vegetable puree.

There are many fruit sauces very nice for puddings and ice creams made from crushed fresh fruits and the juice and sugar cooked to any desired thickness.

Recipe 1. **WHITE SAUCE.**

Materials.		Measure.
Butter	1	Rounding Tablespoonful
Flour	1	Rounding Tablespoonful
Milk	1	Cup
Salt	½	Teaspoonful
Pepper	¼	Teaspoonful

UTENSILS:

Double Boiler — Tablespoon
Measuring Cup — Teaspoon

DIRECTIONS.

Rub the butter and flour together in the double boiler. When smooth add the milk. Stir over the fire steadily until it thickens. Add the seasoning and it is ready for use. This is the basis of all sauces. One cup of strained tomatoes in place of milk or cream will make tomato sauce, adding a seasoning of bay leaf and onion when stewing the tomatoes. To make an egg sauce add four hard boiled eggs, the yolks put through the ricer and the whites chopped fine. This sauce is very nice to serve either with chicken or boiled salt cod. For a Butter Sauce substitute boiling water instead of the milk or cream, adding it slowly beating all the while.

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Recipe 2. HOLLANDAISE SAUCE.

Materials.		Measure.
Butter	2	Rounding Tablespoonfuls
Flour	1	Rounding Tablespoonful
Grated Onion	1	Tablespoonful
Tarragon Vinegar or Lemon Juice	2	Tablespoonfuls
Yolks of Eggs	2	
Bay Leaf	1	
Boiling Water	1	Cup
Salt	½	Teaspoonful
White Pepper		

UTENSILS:

Measuring Cup — Sauce Pan
Measuring Spoon — Double Boiler
Tablespoon — Small Sieve

DIRECTIONS.

Put bay leaf, onion and vinegar over the fire in a small stew pan, bring to the boiling point and cool. Rub the butter and flour together in the double boiler and add gradually the water, stir until thickened and the flour cooked. Now add the vinegar strained. Remove from the fire and stir in the yolks of the eggs one at a time, stirring gently. Reheat just a moment; add salt and pepper; strain and serve at once. This is elegant for fish or used in many ways with vegetables, being especially nice with brussels sprouts, spinach and asparagus. This sauce should be served as soon as made.

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Recipe 3. MUSHROOM SAUCE.

Materials.		Measure.
Mushrooms	1	Can
Kitchen Bouquet	½	Teaspoonful
Sweet Green Pepper	1	
White Sauce		

UTENSILS:

Double Boiler — Tablespoon
Teaspoon

DIRECTIONS.

Make according to recipe for White Sauce (See Recipe 1); add the kitchen bouquet and 1 can of mushrooms drained and rinsed in cold water; stand the double boiler over a slow fire for ten minutes. This is nice served with sweetbreads or warmed-over chicken.

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Recipe 4. CHOCOLATE SAUCE FOR ICE CREAM.

Materials.		Measure.
Chocolate	1	Square
Sugar	1	Cup
Boiling Water	1	Cup
Vanilla	1	Teaspoonful
Nuts, chopped	½	Cup

UTENSILS:

Double Boiler — Measuring Cup
Tablespoon — Teaspoon

DIRECTIONS.

Melt the chocolate in the double boiler. Add the sugar and water. Stir while adding the water, so as to form a smooth, glossy mixture as it cooks. Keep adding the water and the sugar until all is used. Boil until thick as desired. Remove from the fire, add vanilla and nuts and serve at once.

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Recipe 5. LEMON SAUCE.

Materials.	Measure.
Flour	1 Tablespoonful
Boiling Water	1 Cup
Sugar	½ Cup
Egg	1
Vanilla	1 Teaspoonful
Lemon	1½ Teaspoonfuls

UTENSILS:

Double Boiler — Measuring Cup
Grater — Lemon Squeezer
Egg Beater

DIRECTIONS.

Mix the flour and sugar well together in the double boiler and pour over quickly in the boiling water, all the time until it thickens. Remove from the fire and add the lemon juice and grated peel and pour while hot over the well-beaten egg. Mix well. This is nice sauce to serve over any hot puddings.

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Recipe 6. HARD SAUCE.

Materials.	Measure.
Butter	½ Cup
Powdered Sugar	1 Cup
Vanilla	1 Teaspoonful
Brandy	1 Tablespoonful

UTENSILS:

Bowl — Small Flat Beater
Measuring Cup — Tablespoon
Teaspoon

DIRECTIONS.

Wash the butter in cold water until it is elastic; put it into the bowl and heat to a cream. When light, gradually add the sugar beating all the while. Add vanilla and gradually the brandy. Put into an attractive dish to serve. Set on ice until wanted. Fresh strawberries are a nice addition to this, or a little grating of nutmeg over the top. The brandy may be omitted by those who do not care to use it. If brandy is omitted add one teaspoonful of lemon juice.

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Recipe 7. MINT SAUCE.

Materials.	Measure.
Gran. Sugar	2 Tablespoonfuls
Boiling Water	1 Tablespoonful
Chopped Mint	3 Tablespoonfuls
Olive Oil	1 Tablespoonful
Vinegar	½ Cup

UTENSILS:

Bowl — Measuring Cup
Tablespoon

DIRECTIONS.

Dissolve the sugar in the boiling water and add the chopped mint, cover and set away for one hour. Then drop by drop add olive oil and vinegar. Mix well together and serve with fresh lamb. Finely chopped mint mixed with a glass of currant or green grape jelly is an agreeable change.

Recipe 8. **CRANBERRY JELLY.**

Materials.	Measure.
Cranberries	1 Quart
Water	½ Cup
Sugar	2 Cups
Tart Apples	2
Cinnamon	¼ Teaspoonful

UTENSILS:

Paring Knife — Measuring Cup
Stew Pan — Measuring Spoon
Mould — Sieve

DIRECTIONS.

Wash and pick over the cranberries, put into the stew pan with the water and apples quartered and cored. Cover, and when the cranberries are well "popped" open and the apples tender rub through a sieve or colander. Add the sugar, return to the fire, stir until the sugar is dissolved and bring only to the boiling point. Remove from the fire, flavor, turn into a mould or individual glasses and serve with roast turkey. The cinnamon and apples may be omitted if desired.

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Recipe 9. **APPLE SAUCE.**

Materials.	Measure.
Tart Apples	6
Sugar	
Butter	1 Teaspoonful
Nutmeg	

UTENSILS:

Sauce Pan — Colander
Wooden Spoon — Vegetable Paring Knife

DIRECTIONS.

Wipe the apples, cut in quarters and core. Put into the sauce pan with half a cup of water; cover and cook until soft. Press through the colander, add the sugar and butter with a slight grating of nutmeg or cinnamon. Mix well and it is ready for use.

SOUPS.

(Soup Stocks and Meat and Vegetable Soups.)

"Scientific cookery in the home, by the mistress or housekeeper, means the elevation of the human race."

(All measurements level unless otherwise stated. Flour sifted before measuring.)

Most soups are spoiled by making them in too much of a hurry, and cooking rapidly.

Retaining the flavor by slow cooking and by having a soup kettle with

a tightly fitting cover, made from granite or aluminum or any good ware which will not chip, is a necessity in making good soup.

Have it large enough to contain meat, bones and water, and room for skimming. When all is ready and in the kettle, place over the fire and bring slowly to the boiling point and skim. Now lower the flame if you use gas or set back on the stove to simmer. **Never boil soup as it makes it tasteless and cloudy.**

Very good soup stock is made from beef alone but it is improved in flavor when made from equal parts of beef and veal. Veal and chicken make a white stock and delicate in flavor; or, again, a stock from one-half of beef and one-quarter each of mutton and pork, liver and ham are used for flavor.

Americans are just beginning to learn the value of having soup stock always on hand to use for gravies, sauces, made-over dishes, etc., which has been much of the secret of taste and flavor in French and other foreign cooking.

Soups have been looked upon as a dish for the rich. They are for rich and poor alike.

Use the clear soups or those with vegetables for dinner.

The cream or heavy soups may be served to better advantage for luncheon or supper dishes and if we realized the value of soups we would have them on our regular bills of fare.

Soups, however, should not be gulped down or taken into the mouth and then swallowed, but held long enough to mix well with the saliva before entering the stomach.

A great variety of soups to suit individual tastes and occasions may be made with very little trouble, but learn first how to make a good soup stock as a basis for many good and wholesome soups.

Recipe 1. **SOUP STOCK.**

Materials.	Measure.	Weight.
Shin of Beef		3½ lbs.
Water	2 Quarts	
Sugar	1 Tablespoonful	
Onion	1	
Cloves	6	
Bay Leaf	1	

UTENSILS:

Soup Kettle, porcelain lined or granite
Colander
Puree Sieve
Knife

DIRECTIONS.

Cut the meat from the bones. Put the sugar and half the onion sliced into the soup-kettle, stir until it browns and forms a caramel; then add the meat bones, and water. Cover and bring very slowly to the boiling point. Skim. Turn the fire low and let simmer two hours; then add the remaining half of onion into which you have stuck the cloves and bay leaf. Simmer another hour then strain through the colander. Put the stock in a cold place over night. In the morning remove the fat, put back into the soup-kettle. Beat the white of an egg well with the crushed shell in a half cup of water. Stir this well into the stock. Bring to the boiling point. Boil hard three minutes, skim and strain through two thicknesses of cheese cloth. A teaspoonful of lemon juice may be added just before straining. This makes the stock clear and sparkling and it is the

foundation of innumerable dinner soups, such as noodle, vegetable, rice macaroni, etc.

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Recipe 2. GOOD VEGETABLE SOUP.

Materials.	Measure.	Weight.
Soup Stock	1	Quart
Carrot	1	
Turnip	1	
Potato	1	
Tomato	1	
Barley	1	Tablespoonful
Parsley (chopped)	1	Tablespoonful
Celery Seed	¼	Teaspoonful
Salt, Pepper or Paprika		

UTENSILS:

Two Stew Pans Small Knife
Vegetable Cutters

DIRECTIONS.

Soak the barley two hours and then put into a stew pan over the fire, and simmer very gently one hour. Prepare the vegetables and cut in fancy shapes or dice. Put them over the fire covered with boiling water and cook until tender. Add the stock to the barley, and when hot the cooked vegetables with the tomato cut in tiny pieces, and all the remaining ingredients. Simmer very slowly ten or fifteen minutes and turn into a hot tureen. Additional seasoning and color may be obtained by the use of a few drops of Kitchen Bouquet.

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Recipe 3. TOMATO SOUP WITH VEGETABLES.

Materials.	Measure.	Weight.
Tomatoes	1	Can
Carrot	1	
Stalks of Celery	3	
Onion	1	
Soup Stock or Water	1	Pint
Kitchen Bouquet	½	Teaspoonful
Butter	2	Tablespoonfuls
Flour	3	Tablespoonfuls
Salt	1	Teaspoonful
Bay Leaf	1	
Paprika		

UTENSILS:

Two Stew Pans Measuring Cup
Tablespoon Teaspoon
Knife Steel Fry-pan
Sieve

DIRECTIONS.

Add the stock and all the flavorings to the tomatoes; cover and simmer fifteen minutes. Cook the celery and carrot cut in small pieces in a separate sauce pan. Brown the flour in the frypan, add butter, and rub together until smooth. Now put in the tomato mixture and stir until boiling and put through a sieve. Drain the vegetables, when tender unite with the soup, reheat and serve with croutons.

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Recipe 4. CREAM OF TOMATO SOUP.

Materials.	Measure.	Weight.
Milk	1	Quart
Strained Canned Tomatoes	1	Pint
Bay Leaf	1	Large
Butter	1	Rounding Tablespoonful
Flour	2	Rounding Tablespoonfuls
Mace	1	Blade
Salt	1	Teaspoonful
Sugar	1	Teaspoonful
Soda	¼	Teaspoonful
Parsley (chopped)	1	Tablespoonful
Pepper		

UTENSILS:

Double Boiler	Measuring Spoon
Tablespoon	Sieve
Soup Tureen	

DIRECTIONS.

Put the tomatoes into stew pan with the bay leaf and mace. Cover and simmer slowly fifteen minutes. Put the milk into a double boiler. Rub the butter and flour together adding a little of the hot milk until smooth. Pour into the milk, stirring all the while until it thickens. Strain the tomatoes into a soup tureen, add the sugar, soda, salt and pepper, then pour in the creamy mixture all at once, stirring very gently until well blended. Sprinkle the parsley over the top and serve at once. This soup should never be thick but of a light cream consistency. One-half the amount of tomatoes may be used if preferred.

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Recipe 5. CREAM OF PEA SOUP.

Materials.	Measure.
Peas	½ Can
Milk	1 Pint
Flour	2 Tablespoonfuls
Butter	1 Tablespoonful
Salt and Pepper	
Parsley (chopped)	1 Teaspoonful
Slice of Onion	

UTENSILS:

Double Boiler	Colander
Measuring Cup	Tablespoon
Egg Beater	Fine Sieve

DIRECTIONS.

Open the can of peas fully an hour before using and empty at once from the can. Put the milk into the double boiler with the onion and rub the butter and flour together until smooth, with a little hot milk, and then pour it into the double boiler with the remaining milk, stirring all the time until it begins to thicken; now beat well with the egg beater until creamy, about five minutes. Press the peas, including liquid, through the colander and put into the double boiler, beat again, season with salt and pepper, press through a fine sieve, add finely chopped parsley and serve with croutons, which are made by spreading slices of bread with butter and cutting in

squares; put into a pan under the toaster, watching carefully until a nice brown on both sides.

Recipe 6. CREAM OF ASPARAGUS SOUP.

Materials.		Measure.
Stalks of Asparagus	1½	Dozen
Onion	1	Slice
Boiling Water	2	Cups
Milk	4	Cups
Flour	2	Tablespoonfuls
Butter	2	Tablespoonfuls
Bay Leaf	1	
Salt and Pepper		

UTENSILS:

Stew Pan	Double Boiler
Measuring Cup	Tablespoon
Egg Beater	Bowl
Soup Tureen	

DIRECTIONS.

Cut two inches from the tops of fresh asparagus and throw them into cold water. Cut all that is good of the remaining portion in small pieces and put into the stew pan with the given amount of boiling water. Cover and simmer gently half an hour. Press well through a colander. Turn this into the double boiler with the milk. Rub butter and flour together in the bowl, adding a little of the hot milk until it will pour like good cream. Stir this well into the milk mixture, and when it begins to thicken beat well with the egg beater. While this is cooking, put the tips into a pan with the bay leaf, slice of onion, a little salt and boiling water and cook for ten or fifteen minutes, or until just tender. Drain Have soup tureen hot, season and pour in the soup and place the asparagus tips on top, distributing them in each plate of soup. Be careful in cooking asparagus with milk, as an acid in the asparagus is apt to make it curdle.

Recipe 7. MOCK OYSTER SOUP.

Materials.		Measure.
Vegetable Oysters	12	Stalks
Boiling Water	1	Quart
Milk	1	Pint
Onion	1	Slice
Butter	1	Tablespoonful
Flour	1	Tablespoonful
Salt		
Pepper		
Parsley	1	Sprig
Vinegar or Lemon Juice	1	Tablespoonful

UTENSILS:

Stew Pan	Measuring Cup
Double Boiler	Tablespoon
Colander	

DIRECTIONS.

Scrape the vegetable oysters and throw at once into cold water with the vinegar or lemon juice to prevent discoloring; cut thin slices; put these into the stew pan with the boiling water, onion and sprig of parsley; cook slowly thirty minutes or until tender. Put the milk into the double boiler, add the butter and flour rubbed together, stir until it is smooth and begins to thicken. When the vegetable oyster is done rub through the colander and pour into the double boiler, season and serve.

Recipe 8. **POP-CORN SOUP.**

Materials.	Measure.
Ears of Corn	6
Onion	1 Slice
Butter	2 Tablespoonfuls
Salt	1 Teaspoonful
Milk	1 Quart
Bay Leaf	1
Flour	2 Tablespoonfuls
Pepper	
Pop-Corn	

UTENSILS:

Sharp Vegetable Knife
Measuring Spoon
Tablespoon
Double Boiler

DIRECTIONS.

Put the milk into the double boiler over the fire with the bay leaf and onion. Score each row of corn down the center with the sharp knife and add to the milk. Rub butter and flour together, moisten with a little of the hot soup, to make a paste, and turn into the milk; stir constantly about five minutes, or beat with egg beater. Serve with pop-corn instead of wafers.

VEGETABLES.

(Full directions for cooking all kinds of vegetables and retaining their delicate flavors.)

"We go on in the beaten path without profiting by the varieties to be found on every side."

(All measurements level unless otherwise stated. Flour sifted before measuring.)

Vegetables are divided into four groups:

1. Muscle Building or Nitrogenous.—These take the place of meat and are such as peas, beans, lentils, and nuts.

2. The Heat and Energy Producers.—These must be used in larger quantities than the muscle building foods. They are rice, white and sweet potatoes, white bread, macaroni, spaghetti, chestnuts and the cereals.

3. Fat Producers.—These include nuts and olives. This group is one not so largely used or considered. Many times used only as "extras" when we have company. This is a grave mistake.

4. The vegetables of this group are important as cleaners and are largely water, mineral water and fine flavoring. They include lettuce, radishes, cabbage, celery; in fact, all the green succulent vegetables come under this head and are used largely in salads.

All vegetables should be cooked in uncovered vessels in boiling water.

Vegetables growing above ground should have salt added to the water. Underground vegetables, such as turnips and beets, should be cooked in boiling, unsalted water.

Dry vegetables, such as old peas and beans should be soaked over night in cold water.

To freshen vegetables when wilted, soak an hour in cold water. Never add salt as it softens them; particularly is this true of cucumbers.

All vegetables must be thoroughly cleaned before using and nothing is better for this than a vegetable brush and a sharp pointed knife.

Many pages might be written on the food value of vegetable diet. It is

the one thing in cooking that requires care; it is the one thing that does not get it. There are general principles underlying all vegetable cooking which are easy for every housekeeper to understand, if her interest can be aroused to do it. As vegetables are generally cooked they are tasteless and there is no branch of cooking as carelessly done, both at home and in hotels and restaurants, as the cooking of vegetables.

Practically all the elements necessary for the building of the body are found in vegetables and with these are included nuts and fruits. Health and nutrition depend upon the right selection and combination of these. There is such a variety of vegetables to be had in every state. Combine with this their clean and wholesome qualities and it is a wonder we are such a meat eating nation. But vegetable cooking requires greater care than cooking meat. Careless and rapid cooking dissipates the flavor and then we have a tasteless article.

Vegetables should not be closely covered while cooking. They are full of volatile oils—some more than others—and if these with the gases generated by cooking are not allowed to pass off into steam the vegetables are dark and strong in flavor.

Our living, habits, and character are largely dependent upon what we eat and we must, to sustain life, eat every year about half a ton of cooked food. One can readily see that a large proportion of the health, comfort and happiness of the home comes from the dining room and kitchen. How important it is, then, that we and our daughters should be educated along the lines of cookery. The practical kind where they can apply their chemistry both in the kitchen and laundry if need be; their physiology in the selection and cooking of foods; their lessons in fine arts, in the harmony of foods. Never be at the mercy of your cook, but know these things yourself. If you do not you will have not only badly cooked foods but unfriendly combinations.

Recipe 1. **BOILED RICE.**

Materials.	Measure.
Rice	½ Cup
Salt	½ Teaspoonful
Boiling Water	2 Quarts

UTENSILS:

One Large Stew Pan
Measuring Cup
Colander

DIRECTIONS.

Buy the best South Carolina whole rice and put the given amount into cold water, washing well. Repeat several times. Then cover with cold water and soak over night or for several hours. Have the stew pan ready with the boiling water, drain the rice, and add a little at a time so as not to stop the rapid boiling. Let boil very rapidly for ten or fifteen minutes, or until a kernel is soft under pressure with a fork. Drain in a colander and hold under the cold water faucet, letting the cold water run slowly over it. This removes the starch and whitens the rice. Now sprinkle with salt and set the colander on a pie pan in a warm oven to dry, occasionally tossing the rice up and down. This is a fine substitute for potatoes at least twice a week and may be served with a little pitcher of melted butter or butter and sugar or a rich brown gravy.

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Recipe 2. RICE CROQUETTES.

Materials.	Measure.
Rice	1 Cup
Milk	4 Cups
Yolks of Eggs	4
Chopped Parsley	1 Tablespoonful
Salt and Pepper	

UTENSILS:

Frying Basket	Measuring Cup
Kettle	Tablespoon
Egg Beater	Double Boiler

DIRECTIONS.

Wash the rice and put into the double boiler with the milk. Cook until all the milk has been absorbed by the rice. Add the beaten yolks, parsley, salt and pepper. Mix and cool. Shape in any desired form, roll in beaten egg and bread crumbs, set in the frying basket and dip into hot fat. These may be served with cream or tomato sauce. They may also be shaped like little nests and a nice bit of jelly put in them when ready to serve.

Recipe 3. POTATOES O'BRIEN.

Materials.	Measure.	
Chopped Potatoes	5	
Sweet Green Pepper	½	
Salt		
Butter	2	Tablespoonfuls
Chopped Parsley	1	Tablespoonful
Onion	1	Tablespoonful

UTENSILS:

Steel Spider	Tablespoon
Chopping Bowl and Knife	
Measuring Cup	

DIRECTIONS.

Peel and slice a medium-sized onion and remove the seeds from the pepper. Chop both fine, also parsley. Chop the potatoes and mix with the first mixture and salt. Put the butter into the steel spider—or half butter and half fryings; when hot add the potatoes. Smooth and when they brown stir them up. Do not cook them too fast. When done press to one side of the spider, brown and turn out on a hot platter to serve.

Recipe 4. HASHED BROWN POTATOES.

Materials.	Measure.	
Cold Boiled Potatoes	2	
Salt	½	Teaspoonful
Pepper		
Cream	4	Tablespoonfuls
Butter	1	Tablespoonful

UTENSILS:

Steel Spider	Tablespoon
Measuring Spoon	Chopping Bowl and Knife

DIRECTIONS.

Chop the potatoes rather fine, add salt and pepper and the cream; put the butter into the spider; melt; add the potatoes, smooth down nicely, cover, cook a moment over the fire and push back on the stove where they will cook slowly 10 minutes. Turn out on a hot platter as you would an omelet.

Recipe 5. POTATOES AU GRATIN.

Materials.	Measure.	Weight.
Potatoes (boiled)	6	
Cream	1	Cup
Flour	1	Tablespoonful
Eggs	3	Yolks
Stock or Milk	1	Cup
Butter	2	Tablespoonfuls
Grated Cheese	6	Tablespoonfuls
Salt	1	Teaspoonful
Paprika	½	Teaspoonful
Sweet Pepper, red and green	1	of each

UTENSILS:

Fry-pan — Baking Dish
Bowl — Egg Beater
Potato Knife

DIRECTIONS.

Rub butter and flour together until smooth in the fry-pan, add stock and cream and stir until it boils, take from the fire, add the yolks well beaten, cheese, and seasonings. Put a layer of this sauce in the bottom of a baking dish, sprinkle over this some of the peppers chopped fine, then a layer of the potatoes sliced, another layer of sauce and peppers, and so continue, having the last layer sauce; sprinkle bread crumbs over the top and a few small pieces of butter and bake in a quick oven until brown. Serve in the dish in which it was baked.

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Recipe 6. LIMA BEANS.

Materials.	Measure.	
Lima Beans	1	Can
Butter	2	Tablespoonfuls
Yolk of Eggs	2	
Parsley	1	Tablespoonful
Lemon Juice	2	Tablespoonfuls
Kitchen Bouquet	½	Teaspoonful
Sprig of Mint	1	

UTENSILS:

Stew Pan or Chafing Dish
Teaspoon — Tablespoon

DIRECTIONS.

Choose the small lima beans. Open the can, drain, and rinse well with cold water. Put over the fire with just enough water to keep them from burning until well heated through. Beat the butter and eggs well together, adding the parsley finely chopped and all the remaining seasonings. Add the sauce carefully to the beans and when hot serve at once. Peas are very nice prepared in the same manner.

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Recipe 7. PLAIN ASPARAGUS.

Materials.	Measure.	
Asparagus	1	Bunch
Butter	2	Tablespoonfuls
Salt	1	Teaspoonful

UTENSILS:

Tablespoon — Teaspoon
Paring Knife

DIRECTIONS.

Wash well a bunch of asparagus, cut off the very hard portion and tie in small bundles. Put them upright into a kettle of water, leaving the tips out of the water for the first fifteen minutes. Then cover with boiling water and cook until tender. Drain,

put into a dish and pour over the carefully melted butter. This may also be served on nice squares of toast arranged on a hot platter. Pour over a sauce made as follows:

Rub one tablespoonful of butter and one of flour well together in a stew pan; add one cup of cold milk and stir constantly until it reaches the boiling point. Add salt and pepper and strain over the asparagus and toast. An egg beaten into the sauce just as you remove it from the fire is a nice addition. Serve also with Hollandaise sauce for a change.

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Recipe 8. ASPARAGUS TIPS IN PATTIE CASES.

Materials.	Measure.
Pattie Cases	4
Asparagus Tips	2 Cups
Milk and Cream	1 Cup
Butter	1 Tablespoonful
Flour	1 Tablespoonful
Salt and Pepper	

UTENSILS:

Sauce Pan — Tablespoon
Measuring Cup

DIRECTIONS.

Select fresh, tender asparagus and cut in inch length pieces down the stalk as far as tender. Throw into plenty of rapidly boiling water and boil until tender. Drain and save the water with the remaining stalks for soup the next day. Make a white sauce with the milk, cream, butter, flour and seasonings. Add the asparagus, mix carefully so as not to have the pieces mashed. In the meantime have the pattie cases heating; fill, set on a small paper doily on a hot plate and serve at once.

Recipe 9. BAKED STUFFED TOMATOES.

Materials.	Measure.
Tomatoes	4
White Bread Crumbs	
Grated Onions	2 Tablespoonfuls
Egg	1
Salt and Paprika	
Butter	
Chopped Parsley	1 Tablespoonful

UTENSILS:

Vegetable Knife — Grater
Egg Beater — Baking Pan
Measuring Cup

DIRECTIONS.

Choose medium-sized tomatoes of uniform size, wipe clean and cut at the blossom end. Scoop out the pulp and mix an equal quantity of bread crumbs, the chopped onion—less onion if you do not care for the flavor—seasoning and the egg beaten. Fill the tomatoes, put a piece of butter on top, sprinkle with bread crumbs and bake in a buttered pan with hot water just covering the bottom. Baste with melted butter mixed with a little water and bake in a moderately quick oven 15 to 20 minutes.

Recipe 10. SWEET POTATOES EN CASSEROLE.

Materials.	Measure.
Sweet Potatoes	6
Butter	
Sherry	2 Tablespoonfuls
Maple or Brown Sugar	2 Tablespoonfuls

UTENSILS:

Casserole — Vegetable Knife
Sauce Pan — Tablespoon

DIRECTIONS.

Select medium-sized potatoes of uniform size. Pare and cut in halves lengthwise, put into the sauce pan, cover with salted boiling water and boil five minutes. Drain. Melt the butter and pour into the casserole. Put in a layer of potatoes, sprinkle lightly with salt, bits of butter and plenty of grated maple or brown sugar. Then another layer of potatoes and so continue until all are used. Add two tablespoonfuls of water and the same of sherry. Cover and set in a moderate oven to bake for twenty or thirty minutes. When done the potatoes should be moist with a little thick syrup in the dish. The sherry may be omitted if you do not use wines.

Recipe 11. GLAZED SWEET POTATOES.

Materials.	Measure.
Sweet Potatoes	6
Gran. Sugar	½ Cup
Water	½ Cup
Butter	½ Tablespoonful

UTENSILS:

Sauce Pan — Baking Pan
Measuring Cup

DIRECTIONS.

Wash and pare medium-sized potatoes, cut in halves lengthwise and throw at once into cold water. Have boiling salted water in the sauce pan; put in the potatoes and boil eight or ten minutes. Drain. Boil sugar, water and butter three minutes or until a syrup. Dip each piece of potato into this, put into the baking pan and bake 15 minutes. Baste them two or three times with the remaining syrup.

Recipe 12. MASHED TURNIPS.

Materials.	Measure.
White Turnips	6
Butter	1 Tablespoon
Pepper	
Salt	
Cream	1 or 2 Tablesp'fuls

UTENSILS:

Stew Pan — Small Wooden Spoon
Potato Ricer or Wooden Potato Masher

DIRECTIONS.

Select firm, white turnips or the ruta-baga, a large yellow variety. Wash and pare, cut in slices and throw into boiling salted water. Cook uncovered, just below the boiling point until tender. Drain and shake a moment over the fire until dry. Press through the potato ricer or mash and season with salt, pepper, butter and cream. Heap

in a vegetable dish with a dash of paprika on top and serve very hot with duck or mutton; also very nice with roast pork or spare-ribs.

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Recipe 13. **CREAMED CABBAGE.**

Materials.	Measure.
Finely Cut Cabbage	1 Quart
Butter	1 Tablespoonful
Egg	1
Cream	½ Cup
Vinegar	¼ Cup
Pepper and Salt	

UTENSILS:

Sauce Pan	Tablespoon
Measuring Cup	Slaw Cutter

DIRECTIONS.

Cut hard white cabbage fine and stand in cold water for an hour; drain and place it in a covered kettle of boiling salted water for fifteen or twenty minutes. Drain and add the vinegar, salt and pepper and bring to the boiling point. Beat the egg with the cream, the melted butter and mix well with the cabbage. Let remain just a moment over the fire, remove to a hot dish and serve.

Recipe 14. **SOUR CREAM SLAW.**

Materials.	Measure.
Head White Cabbage	
Vinegar	2 Tablespoonfuls
Eggs	2
Salt and Pepper	
Thick Sour Cream	½ Cup
Sugar	1 Teaspoonful
Sweet Green Pepper	1

UTENSILS:

Slaw Cutter	Tablespoon
Measuring Cup	Teaspoon
Sauce Pan	

DIRECTIONS.

Select a firm, white head of cabbage and if a large one, one-half will be sufficient. Slice fine, cover with cold water for an hour, also the green pepper cut fine. Drain and rub in a towel until dry. Put the vinegar into the sauce pan and when hot add the eggs well beaten and mixed with the sour cream. Stir until it thickens. Remove from the fire and add seasonings. Mix cabbage with this and serve cold.

The eggs may be omitted and the remaining ingredients beaten in with a silver fork until it is light and foamy.

Recipe 15. **GREEN CORN.**

Remove the coarse outside husks of good sweet corn. Loosen the fine husks next to the corn and roll it back so as to remove all the silk. Now roll back into place. Break or cut off the butt and put to boil in a kettle of

boiling water for five minutes. To be perfect the corn should be cooked as soon as possible after picking. One-third milk with the boiling water makes the corn white.

Recipe 16. **CORN FRITTERS.**

Materials.	Measure.
Ears of Corn	6
Milk	1 Cup
Flour	1 Cup
Sugar	1 Teaspoonful
Baking Powder	1 Teaspoonful
Salt	

UTENSILS:

Measuring Cup — Kettle
Measuring Spoon — Bowl
Corn Slitter — Egg Beater
Tablespoon

DIRECTIONS.

Take the corn and press out the pulp by running it over the corn slitter or score it with a very sharp knife. Add the yolks of the eggs and the remaining ingredients, the baking powder sifted with the flour. Beat well and stir in the well-beaten whites; fry in deep fat in the kettle, dropping a good-sized teaspoonful at a time. They should puff nice and round and are nice for lunch with maple syrup.

Recipe 17. **ESCALLOPED CORN.**

Materials.	Measure.
Canned Corn	½ Can
Milk	1 Cup
Butter	1 Tablespoonful
Bread Crumbs	1 Teacupful
Pepper	

UTENSILS:

Baking Dish — Measuring Cup
Grater — Measuring Spoon

DIRECTIONS.

Butter the baking dish and put a layer of corn in the bottom of the dish, then a layer of grated white bread crumbs, salt and a little pepper; repeat until all is used. Dot the bits of butter over it and pour the milk over the whole. Bake in a quick oven about twenty minutes.

Recipe 18. **TOMATOES STUFFED WITH CORN.**

Materials.	Measure.
Tomatoes (medium)	4
Green or Canned Corn	
Melted Butter	2 Tablespoonfuls
Cream	2 Tablespoonfuls
Salt and Pepper	

UTENSILS:

Baking Pan — Vegetable Knife
Tablespoon

DIRECTIONS.

Use sufficient left-over corn from a previous meal or canned corn to fill the scooped out tomatoes from the stem ends of which you have cut off a slice or cap. Mix all the seasonings with the corn before filling. Put on the caps and stand them in the buttered baking pan in a hot oven for half an hour. Serve as one hot vegetable dish for dinner. Tomatoes are also nice

broiled or fried, either green or ripe. They must be cut rather thick, rolled in egg and bread crumbs and then fried, browning on both sides.

Recipe 19. CARROTS A LA HOLLANDAISE.

Materials.	Measure.
Carrots	2
White Turnips	4
Parsley	
Hollandaise Sauce	

UTENSILS:

Potato Scoop — Two Stew Pans

DIRECTIONS.

Clean, scrape the carrots and cut in dice. Throw them into boiling water and cook slowly until tender. Pare the turnips, cut a slice from the stem, scoop out the center, leaving a cup. Put into plenty of unsalted boiling water and simmer until tender. When tender lift the turnips from the water and drain. Drain the carrots, mix with the Hollandaise Sauce. Fill these in the turnip cups, garnish with parsley and serve. Carrots are very nice cooked with peas; or cook plain and season with one tablespoonful of butter, one of flour and a teaspoonful of Kitchen Bouquet.

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Recipe 20. TOMATOES ON TOAST.

Materials.	Measure.	
Tomatoes	3	
Chopped Parsley		
Cream	½	Cup
Milk	½	Cup
Flour	1	Tablespoonful
Pepper and Salt		
Toast		
Butter	1	Tablespoonful
Grated Onion	1	Teaspoonful

UTENSILS:

Baking Dish — Tablespoon
Measuring Cup — Toaster
Vegetable Knife

DIRECTIONS.

Wash and cut the tomatoes in halves crosswise; set in a buttered baking pan, sprinkle with salt, pepper and a little finely chopped parsley; put a little piece of butter on the top of each and bake in a moderate oven about half an hour. Do not bake too long or they will fall to pieces. Have the toast ready, carefully lift one-half tomato to each piece. Make the sauce with the remaining butter, milk and cream, onion juice, salt and pepper in the baking pan and pour this over the tomatoes and toast. This is nice for breakfast, luncheon or supper.

Recipe 21. ESCALLOPED TOMATOES.

Materials.	Measure.
Tomatoes	6 or 8
Butter	1 Tablespoonful
Grated Onion	2 Tablespoonfuls
Bread	
Salt and Pepper	

UTENSILS:

Baking Dish — Tablespoon
Vegetable Knife

DIRECTIONS.

Scald and peel the tomatoes and cut in slices, or if canned ones are used, one-half can will be necessary. Make croutons of the bread by buttering, cutting in half-inch squares and toasting. Butter the baking dish and put a layer of the bread croutons in the bottom, then a layer of tomatoes and a little of all the seasoning, then another layer of bread, tomatoes, and so continue, having bread last on top, with bits of butter, and bake in a quick oven about half an hour.

Recipe 22. TOMATOES DU BARRY.

Materials.	Measure.
Tomatoes	4
Butter	1 Large Tablesp'f'l
Salt	1 Teaspoonful
Onion Extract	4 Drops
Pepper	
Parsley	

UTENSILS:

Stew Pan — Tablespoon
Skimmer — Teaspoon
Knife

DIRECTIONS.

Select smooth, small tomatoes, wash, put into the stew pan and cover with rapidly boiling water; add salt and keep boiling at a gallop for about ten minutes or until the tomatoes are tender, when pierced with a fork. Remove carefully with a skimmer to a hot platter. With a sharp pointed knife cut out the little hard stem and cut a horizontal and vertical gash across the top of each. Turn or roll back for a little ways the outside skin and pour over and around the tomatoes, the butter and seasonings carefully melted by standing in hot water. Chop parsley very fine and sprinkle over the top of each tomato, and garnish the dish with nice bunches of parsley at each end.

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Recipe 23. BOILED CUCUMBERS.

Select good sized cucumbers and pare them; cut in halves, scoop out the seeds, then cut each in two crosswise. Throw these into boiling salted water until tender, about thirty minutes; drain. Lift into a hot serving dish and pour over a white sauce, seasoned with grated onion and chopped parsley. Hollandaise Sauce is also good with these cucumbers.

Recipe 24. STUFFED EGG PLANT.

Materials.	Measure.
Egg Plant	1
Stale White Bread Crumbs	1 Cup
English Walnuts	½ Cup
Butter.	1 Tablespoonful
Chopped Onion	1 Tablespoonful
Savory	¼ Teaspoonful
Salt	
Pepper	
Egg	1

UTENSILS:

Steel Spider	Chopping Bowl and Knife
Grater	Measuring Cup
Tablespoon	Baking Pan
Cup Egg Beater	
Sharp Knife	

DIRECTIONS.

Choose a full, dark purple egg plant. Cook in plenty of boiling water fifteen minutes. While boiling, shell and chop the nuts, grate the bread crumbs and chop the onion. When the egg plant has boiled the required time, remove from the kettle and cut crosswise in halves, and with a pointed knife cut out the pulp about one-half inch from the outside; and with a spoon remove it from the shell. Chop this fine. Put the butter into the spider, melt, add the onion and cook it until it is yellow but not brown. Then add the egg plant and cook a moment, then the remaining ingredients—except the egg—mixing all well together. When thoroughly heated remove from the fire and add the well-beaten egg. Stand the egg plant shells in a buttered pan and refill with this mixture, heaping well on the top and sprinkling with bread crumbs. Baste with melted butter and twice again while baking in a moderate oven three-quarters of an hour. This is a nice luncheon dish and a perfect substitute for meat.

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Recipe 25. STUFFED SWEET PEPPERS.

Materials.	Measure.
Sweet Peppers	6
Cooked Meat	2 Cups
Onion	1
Butter	1 Tablespoonful
Parsley	1 Tablespoonful
Salt	1 Teaspoonful
Mushrooms	½ Cup
Bread Crumbs	¼ Cup
Water or Stock	1 Cup

UTENSILS:

Paring Knife	Measuring Cup
Meat Chopper	Tablespoon
Baking Pan	Teaspoon

DIRECTIONS.

Cut the peppers in halves, crosswise, remove the seeds and cut off the stem, or leave them whole, save cutting off a cap. Chop the meat (this may be veal, chicken or lamb) fine, also the onion and mushrooms. Mix all the ingredients together except the stock or water; fill the peppers and stand in a pan and pour the hot stock or water around them, basting often. Bake slowly three-quarters of an hour. A nice luncheon dish.

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Recipe 26. SPINACH—BOILED AND CREAMED.

Materials.	Measure.
Spinach	½ Peck
Butter	2 Tablespoonfuls
Cream	¼ Cup
Salt	1 Teaspoonful
Hard Boiled Eggs	2
Pepper	
Triangles of Toast	4

UTENSILS:

Measuring Cup — Large Pans
Kettle — Colander

DIRECTIONS.

Boiled Spinach.—Fill the large pan with lukewarm water and take each root of spinach and dip up and down in the water; throw into another pan of water and wash the same way. Trim off as much or as little of the root as you like. After the spinach has been well washed throw into a heated kettle, cover and stand over a very slow fire for a moment until the juices start. Uncover, salt, and cook in its own juices about 20 minutes. Drain in a colander and serve hot. This may be chopped very fine if preferred.

Creamed Spinach.—Cook as above, drain and press out the water. Chop fine, return it to the sauce pan, add all the seasonings and stir over the fire until hot. Have the eggs quartered and toast ready. Press the spinach into a mold or dish, then turn out onto a serving dish. Garnish with the toast and eggs and serve. When the spinach is chopped fine it can be pressed through the pastry bag and tube, or if you have any left it can be molded in small cups and served as a salad with mayonnaise or French dressing.

SALADS AND SALAD DRESSINGS.

"Bestowed with lettuce and cool herbs."
"Salads refresh without exciting, and make people younger."

(All measurements level. Flour sifted before measuring.)

There was a time when it was quite necessary to educate people to eat salads. While this might not have been true in foreign countries it has been in our own. A salad is by no means a modern invention, as lettuce, cress and cucumbers were used by ancients for dinner salads, although the dressing was quite different. Nothing is more appetizing than a fresh green vegetable and French dressing. On account of expense and time simple salads should be studied.

The vegetable must be fresh to crispness, the simple dressing perfectly blended and all ingredients cold. It must appeal to the eye as well as to the stomach. To become an expert salad maker, one must have a good idea of color and form, a very keen sense of taste, and a desire as well in planning new combinations. Avoid too many mixtures and the materials used should be harmonious ones both as to color and proper food relations.

With lettuce, cress, endive, as the most common "greens" used in salads and with any simple dressing you have a perfect dinner salad.

Salads are not simply the "fashion" but they are in strict accordance with our well being and should find a place on every table at least once a day.

SALADS SERVED WITH FRENCH DRESSING.

Some Combinations.

Lettuce—Half a tomato, chopped cucumber and green pepper.

Lettuce—Cream cheese moulded with chopped pimentos and olives. Tomatoes with mint chopped fine in French dressing.

Lettuce—Moulded spinach and hard boiled eggs or beets.

Dandelion—Watercress and tomatoes cut into quarters or eighths.

Lettuce—English walnuts.

With any succulent green vegetable and French dressing you have—if well made and served—a perfect dinner salad.

These green or succulent vegetables contain the necessary salts for the blood; the lemon or vinegar, the acid; and the oil, a most wholesome and easily digested fat.

The amount of oil to be used in either the mayonnaise or French dressing depends upon the individual taste. One person may like more oil and less of the acid and vice versa, hence only general rules can be given for these dressings.

Recipe 1. **MAYONNAISE DRESSING.**

Materials.	Measure.
Eggs 2	Yolks
Olive Oil ..... ½	Pint
Lemon Juice 3	Tablespoonfuls
Salt ..... ½	Teaspoonful
Paprika ..... ¼	Teaspoonful
Dash of Cayenne...	

UTENSILS:

Christy Mayonnaise Mixer	Glass Lemon Squeezer
Measuring Cup	Tablespoon
Teaspoon	

DIRECTIONS.

Put the mayonnaise mixer on ice. Separate the yolks very carefully and put into the bowl of the mixer. Turn the dasher until the yolk is slightly beaten. Then from the dropper add the oil a drop at a time, stirring steadily, until one dropperful has been used; then a little more at a time may be added until half the oil has been beaten into the egg. Now begin to alternate with the lemon juice and oil until all are well blended. Put in seasonings, pour into a pint jar, screw on cover tightly and place in refrigerator where it will keep for two weeks. When ready to use it may be thinned with whipped cream or the white of an egg well beaten. Tarragon or plain vinegar may be used instead of the lemon juice if preferred. This should be made in five to eight minutes. A Dover egg beater may be used but it will take much longer.

Parsley Mayonnaise.

Chop and pound fine one tablespoonful of parsley, adding a few drops of lemon juice. To this add one cup of good thick mayonnaise and a tiny bit of the desired coloring from any good fruit coloring. Do not add any fruit coloring unless it is necessary as the coloring from the parsley is usually sufficient. If you do not happen to have lemon juice two or three drops of alcohol will start the juices and coloring.

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Recipe 2. FRENCH DRESSING.

Materials.		Measure.
Olive Oil	6	Tablespoonfuls
Vinegar or Lemon Juice	2	Tablespoonfuls
Salt	1	Teaspoonful
Garlic	1	Clove
Paprika	¼	Teaspoonful

UTENSILS:

Bowl — Tablespoon
Teaspoon

DIRECTIONS.

Rub the bowl with the clove of garlic and add a piece of ice the size of a hickory nut. Put in salt and pepper, adding gradually the oil, stirring rapidly. When the salt is dissolved, add the vinegar, gradually—lemon juice or tarragon vinegar may be used. To vary this a teaspoonful of Worcestershire Sauce may be added, or a few drops of Kitchen Bouquet. Mint is excellent chopped fine in French dressing over tomatoes, or a tablespoonful of chopped chives or chopped parsley.

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Recipe 3. COOKED SALAD DRESSING.

Materials.		Measure.
Sugar	4	Teaspoonfuls
Flour	2	Teaspoonfuls
Cayenne Pepper		
Salt	1	Teaspoonful
Mustard	¼	Teaspoonful
Vinegar	½	Cup
Egg	1	
Butter		Size of Walnut

UTENSILS:

Double Boiler — Measuring Spoon
Egg Beater — Measuring Cup

DIRECTIONS.

Mix all the dry ingredients together and slowly add the vinegar. Heat in the double boiler and while so doing, beat one egg very light, then pour the seasoned vinegar onto the egg with the butter. Set back over the hot water and cook until it thickens, stirring constantly. When cold, thin a little with sweet cream, beating well.

Recipe 4. POTATO SALAD.

Materials.		Measure.
Potatoes	4	
Cucumber	1	
Small Onion	1	
Clove of Garlic	1	
Oil	6	Tablespoonfuls
Vinegar	3	Tablespoonfuls
Parsley	1	Tablespoonful
Salt	1	Teaspoonful
Mayonnaise Dressing	½	Cup

UTENSILS:

Stew Pan — Potato Knife
Salad Bowl — Chopping Bowl and Knife

DIRECTIONS.

Boil the potatoes with the skins on. When done drain and shake near an open window to have them dry and white. Remove the skins and cut the potatoes in dice. Rub the salad bowl with the garlic. Chop the onion very fine or grate, and with the potato put it into the bowl and pour over French dressing made from the salt, pepper, oil and vinegar. Set this in a cool place for one hour. Have the cucumber pared and in ice water the same length of time. Then cut it in dice and add to the potatoes with the mayon-

naise. Sprinkle with parsley chopped very fine. Garnish also with parsley or lettuce and beets cut in fancy shapes.

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Recipe 5. THANKSGIVING SALAD.

Materials.	Measure.
Red Cabbage	1
White Cabbage	1
Mayonnaise or cooked salad dressing	
Sweet Green Peppers	2
Celery	
Small Pickles	2
Olives	2
Parsley	1 Tablespoonful
Chives	1 Tablespoonful

UTENSILS:

Sharp Vegetable Knife
Large Bowl
Mayonnaise Mixer
Chopping Bowl and Knife

DIRECTIONS.

Trim and wash the white cabbage, cut in quarters and slice very thin. Throw into ice water and let stand for two hours. Do the same with the celery, adding a slice of lemon to each. There should be one-half as much celery as cabbage. Trim and wash the head of red cabbage and carefully remove the center, turning the outside leaves out and down in as graceful lines as possible. Chop that which was taken from the center and put in ice water. Make the mayonnaise either with oil or a cooked dressing, but whichever is used, add to each pint a teaspoonful of mustard. When ready to use, drain and dry the cabbage and celery in a towel; shred the peppers and mix white cabbage, celery and peppers well together with the mayonnaise dressing. Have draining the red cabbage, shell and fill with this mixture, leaving a well large enough to hold the red cabbage, which is mixed with a cup of the mayonnaise to which has been added the olives, pickles, parsley and chives chopped fine. Fill the well with this red mixture and garnish with spoonfuls topped with a whole caper. Set the whole on a plate covered with a doily with hearts of lettuce to be used each serving, and send to the table.

Recipe 6. CHICKEN SALAD.

Materials.	Measure.
One Chicken	4½ Cups
Celery	
Mayonnaise	
Shelled Pecans	½ Cup
Hard Boiled Eggs	
Parsley or Celery Tips	
Salt and Paprika	

UTENSILS:

Sharp Kitchen Shears
Potato Ricer
Sharp Knife
Salad Bowl

DIRECTIONS.

Select a good plump fowl, clean and disjoint and put on to cook in boiling water; boil five minutes and then simmer for two or three hours with one bay leaf, a dozen cloves and a small onion. Remove the skin and with the shears cut the meat in half-inch cubes or pieces and an equal amount of celery, the latter having stood in ice water and then wiped dry. Marinate with a French dressing (Recipe 2, under Salads). Just before

serving, drain, mix well with mayonnaise dressing (Recipe 1, under Salads), to which has been added one-third whipped cream. Now fold in the nuts without breaking. Pile in a salad dish, garnish with the hard boiled eggs forced through the potato ricer, alternating with rows of white and yellow of egg and capers, with here and there parsley or celery tips to finish the garnish. Lettuce may be used but it gives a much stiffer appearance.

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Recipe 7. **SALAD A LA KIRK.**

Materials.	Measure.
Cucumber	1
Lettuce	
Tartar Sauce	½ Cup
Pimentos	
Parsley	
Capers	

UTENSILS:

Vegetable Slicer Sharp Knife

DIRECTIONS.

Have ready one-half cup of stiff mayonnaise, with the addition of four olives, one tablespoonful of chopped parsley, one teaspoonful of capers, two small gherkins all chopped fine and with one teaspoonful of grated onion added to the mayonnaise you will have Tartar sauce. Peel and slice the cucumber lengthwise and cut each half in two, crosswise. Notch each end with the slicer and scoop out each center. Lay on a leaf of watercress.

Fill with Tartar sauce and lay diagonal finely cut strips of the pimentos across the top, placing between each strip at regular intervals a caper. If the lettuce is used a touch of parsley at each end of the cucumber brings out the necessary color.

Recipe 8. **MAY SALAD.**

Materials.	Measure.
Potatoes	1 Pint
Fresh Shrimps	1 Pint
Stock	
Cucumber	
Hard Boiled Eggs	
Mayonnaise	
Chopped Chives	1 Teaspoonful
Lemon	1
Parsley or Lettuce.	

UTENSILS:

Stew Pan
Bowl
Measuring Cup
Tablespoon
Lattice Vegetable Slicer
Mayonnaise Mixer

DIRECTIONS.

Pare and cut in dice sufficient potatoes to make a good large pint and pour over sufficient boiling stock or consommé and cook until tender; drain, marinate with French dressing and cool. Shell the shrimp and marinate in lemon juice for one hour. Unite the shrimps, after draining, with the potatoes and mix well with the mayonnaise. Heap in a mound on a glass dish, mask with mayonnaise and chives sprinkled over the top. Garnish with slices of the cucumber latticed, and fancy cuts of the hard boiled eggs, with parsley arranged at either end in large bunches.

Recipe 9. **JUNE 13th SALAD.**

Materials.		Measure.
Lemon Jelly	1	Pint
Strawberries	1	Quart
Pineapple	1	Pint
Mayonnaise	½	Cup
Whipped Cream	½	Cup
Lettuce		

UTENSILS:

Open Mold	Lemon Squeezer
Colander	Measuring Cup
Cream Whip	

DIRECTIONS.

Make the lemon jelly from any good recipe in your cook book or from Mrs. Kirk's Card Index Cooking Recipes.

Wet the mold in cold water and brush very lightly with olive oil. Pour in the lemon jelly and set in the refrigerator to harden. Put the berries into the colander, wash and drain thoroughly. Stem the berries and set in a cold place. Shred a fresh pineapple, drain well and chill. Whip the cream and mix carefully with the mayonnaise and then with a silver or wooden fork unite with the berries and pineapple. Turn the mold of lemon jelly onto a pretty dish, fill the center with the fruit mixture, garnish with the lettuce and heap strawberries around with spoonfuls of whipped cream, or cream mayonnaise. Serve at once. This may be served at the close of a luncheon with very thin bread and butter.

Recipe 10. **TOMATO JELLY.**

Materials.		Measure.
Granulated Gelatine	½	Box
Cold Water	½	Cup
Tomatoes	½	Can
Celery	1	Stalk
Bay Leaves	2	
Onion	1	Slice
Salt	1	Teaspoonful
Lemon Juice	1	Tablespoonful
Tarragon Vinegar	1	Tablespoonful
Paprika	½	Teaspoonful
Mayonnaise		

UTENSILS:

Measuring Cup	Stew Pan
Knife	Lemon Squeezer
Teaspoon	Tablespoon

DIRECTIONS.

Cover the gelatine with a half cup of cold water; soak half an hour. Put into a stew pan tomatoes, celery, bay leaves and onion. Bring to the boiling point and simmer gently fifteen minutes. Add the gelatine and strain through a fine sieve; put into this lemon juice, tarragon vinegar and paprika. Turn into a mold or molds and stand aside to harden. Serve on lettuce leaves with mayonnaise dressing.

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Recipe 11. **TOMATO CROWN SALAD.**

Materials.	Measure.
Tomato Jelly (Recipe 10)	
Celery	1 Cup
Apples	1 Cup
Lemon	1
Cream	½ Cup
Mayonnaise	½ Cup
Nuts	
Capers	

UTENSILS:

Measuring Cup	Knife
Glass Salad Plate	Open Mold
Silver Fork	Shears

DIRECTIONS.

Make the tomato jelly recipe and pour into an open mold. Turn out on a round glass salad plate and garnish with the delicate green and white leaves of celery. Quarter, core and peel apples sufficient when cut in dice to make one cupful. Rub the quarters with sliced lemon to prevent discoloration. Cut with shears the same amount of tender white celery. Unite these two with one-half cup of mayonnaise (use lemon in making this) and one-half cup of cream, measure before whipping. Mix gently all together with a silver fork and pour into the center of the jelly mold, heaping high, and garnish with nuts or capers. This is not only a very attractive salad, but a delicious one as well, and particularly suited for supper, luncheons and receptions.

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DESSERTS.

(Including Pies, Short Cakes, Tarts, Fruit Whips, Fruit Cups, Jellied Fruits, Puddings, Ice Creams and Sherbets.)

"And if the dish contentment brings,
You'll dine with me again."

(All measurements level. Flour sifted before measuring.)

In these days of correct and careful living the dessert is the smallest part of the meal. It is the final sweet at either lunch or dinner. But the success or failure of an entire dinner very largely rests upon the careful selection and preparation of this last course.

Heavy desserts should be avoided when the meat course has been particularly rich and heavy. Desserts should be planned that do not contain the same elements as found in the meat. For instance, in a roast pork dinner do not serve suet pudding, or in a boiled ham dinner do not serve mince pie, or in a roast beef dinner do not serve a custard rich in eggs, as in all of these your dinner will be unbalanced. Substitute the light whipped cream desserts, fruits or cheese and wafers.

With a vegetable dinner serve desserts rich in milk and eggs. It may all be summed up in a few words. A dessert must harmonize with the dinner. It is the beginning and the end which we remember and the dessert should be in perfect keeping with the food which has preceded it at the meal. Iced

watermelon and very cold desserts should be indulged in very sparingly by most people when they follow a hearty dinner. Nothing, however, shows the extreme dainty cooking and thought as does the dessert. This is often prepared by the housekeeper's own hands and everyone is eager for new ways of preparing attractive and delicious dishes.

Many desserts may be made in the morning and set in a cool place and are ready for use when desired. Desserts to be moulded should receive careful attention to have perfect success. Wet the mold in cold water before using and when ready to remove, dip for an instant into hot water. Lay the dish you wish to serve it on over the mold, invert, and it will come out more easily than by wiping with a warm cloth as the heat is uniform on the mold and leaves no chance for it to stick.

Frozen desserts are very satisfactory when made at home and the growing popularity for many frozen desserts is due largely to the simplicity of the present make of ice cream freezers.

There are large ones and small ones and those specially nice for flat or small family use where the freezer can be set in the kitchen sink. Use an ice chipper and shave the ice into a pail, using one-third coarse rock salt and two-thirds ice and mix well together. Have the freezer can perfectly clean and cold. Put the cream mixture into it, adjust all the other parts and pack closely the ice and salt mixture around the can and over the top. Turn the crank steadily, but not too fast, until it is frozen to the desired consistency. Wipe the top of the can to prevent any salty water from getting into it. Remove the dasher, scrape off all the cream quickly, pack down evenly and re-cover, using a clean piece of muslin for this and a cork to put into the cover.

Pour off the water from the melted ice and re-pack with ice clear over the very top; cover with paper, burlap or carpet and stand aside two hours to ripen. The best ice creams are made only from a good quality of cream. Scald half of the cream with the sugar, cool and add the flavoring and the remaining cream and freeze. If fruits are to be used, mash and add after the cream is frozen.

Ices of all kinds should be frozen slowly. In making sherbets turn the freezer very rapidly and a meringue of the white of one egg and one tablespoonful of sugar may be added after it is frozen.

Recipe 1. PLAIN PASTRY.

Materials.	Measure.
Pastry Flour	2 Cups
Lard	¼ Cup
Butter	¼ Cup
Salt	½ Teaspoonful
Sugar	1 Teaspoonful
Cold Water	

UTENSILS:

Pastry Board — Rolling Pin
Flour Sifter — Measuring Cup
Bowl — Measuring Spoon
Pastry Cutter or Knife

DIRECTIONS.

Have all materials cold, including the bowl in which the pastry is to be mixed. Measure the dry ingredients into the flour sifter and sift into the bowl. Measure the shortening and with the pastry cutter or knife cut this well into the flour. Do not put the hands into it, as the main thing in pastry is to keep it cold and it is the expansion of this cold air in the oven when baking that makes the pastry light and flaky. Add cold water a

little at a time and as mixed push to one side; add more and do the same, until water has been added sufficient to take up the dryness and no more. Now bring all together in one mass, cover and set in a cold place two or three hours, if possible, as the crust is then much easier to handle and more flaky when baked. This recipe will answer for all pies.

Recipe 2. **RHUBARB PIE.**

(Also Fresh Fruit Pies.)

Materials.	Measure.
Rhubarb	2 Cups
Sugar	⅔ Cup
Egg	1
Flour	1 Tablespoonful
Lemon Juice	1 Tablespoonful
Butter	1 Teaspoonful

UTENSILS:

Measuring Cup	Pastry Board
Rolling Pin	Pie Pan
Teaspoon	Tablespoon
Bowl	Perforated Pie Tin

DIRECTIONS.

Select fresh, young rhubarb and do not peel it but wash and cut in small pieces. Mix flour and sugar well together, then the egg, lemon juice and the given amount of rhubarb. Have pastry made the day previous, roll and cover the pie pan. Pour in the rhubarb mixture, break the butter in bits over this; roll the upper crust; brush the lower edge with cold water, put on the cover, press the edges together and then loosen both from the edge of the pan. Then with the expansion in the baking the edges stay together and no juices are lost. Brush over with cream and bake in a quick oven 35 minutes.

Cherry, currant and other fresh fruit pies may be made in this way.

Recipe 3. **CUSTARD PIE.**

Materials.	Measure.
Milk	2 Cups
Eggs	3
Sugar	4 Tablespoonfuls
Salt	1 Pinch
Nutmeg	

UTENSILS:

Egg Beater	Measuring Cup
Tablespoon	Bowl
Pie Pan	

DIRECTIONS.

Break the eggs into the bowl and beat without separating until light, gradually adding the sugar then the milk. Have the pastry on the pie pan and pour in the custard; grate some nutmeg over the top and bake in a moderate oven about 25 minutes. Try in the center with a teaspoon handle; if it comes out dry it is done. If it bakes too long or too fast it will be watery.

Recipe 4. LEMON PIE.

Materials.	Measure.
Hot Water	1 Cup
Bread Crumbs, white and fine	½ Cup
Sugar	½ Cup
Juice and Grated Rind of Lemon	1
Eggs	2
Salt	Pinch

UTENSILS:

Egg Beater — Measuring Cup
Spoon — Bowl
Perforated Pie Pan

DIRECTIONS.

Pour the hot water over the bread crumbs, add the salt, sugar, lemon, and yolks well beaten. Pour into pie crust and bake in not too hot an oven until done. Beat whites stiff and add two tablespoonfuls sugar and when the pie is cool pipe roughly over the top and brown in a cool oven, or the whites may be well beaten and mixed with the other ingredients and baked.

Recipe 5. LEMON JELLY.

Materials.	Measure.
Gran. Gelatine	1 Box
Large Lemons	3
Boiling Water	1 Quart
Cold Water	1 Pint
Sugar	1 Cup

UTENSILS:

Two Bowls — Lemon Squeezer
Cheese Cloth — Mold
Grater

DIRECTIONS.

Cover the gelatine with the cold water and when soft add the sugar, boiling water and the grated rind and juice of the lemons. Let stand until cool and strain through a double cheese cloth bag and turn into a mold. Serve plain, or with whipped cream and strawberries, bananas or other fresh fruit mixed carefully with the cream. A bunch of grapes and other fruits molded in the jelly, dates, figs (chopped) or nuts of all kinds, may be added to vary the dessert. Orange baskets partly filled with lemon jelly and set aside to harden and the remaining half of the jelly colored with a little fruit coloring molded and cut in cubes; again, make the lemon jelly and flavor a little of it with orange extract and color a delicate orange with fruit coloring. Select a fancy open mold and pour the orange jelly into the lower, fancy raised portion. Let set and add the remaining jelly. Turn out and fill the center with sliced oranges and cocoanut. Garnish the edge with sections of oranges and a spoonful of whipped cream and fruit over the top makes a desirable change.

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Recipe 6. STRAWBERRY SHORTCAKE.

Materials.	Measure.
Pastry Flour	2 Cups
Sugar	2 Tablespoonfuls
Egg	1
Butter	⅛ Cup
Baking Powder	4 Teaspoonfuls
Salt	½ Teaspoonful
Milk	⅛ Cup
Nutmeg	

UTENSILS:

Bowl — Measuring Cup
Teaspoon — Bread Board
Mixing Fork or Pastry Cutter — Rolling Pin

DIRECTIONS.

Mix the dry ingredients and sift four or five times, then work in the shortening with the mixing fork. Beat the egg well and sufficient milk to make the dough so that it can be lightly rolled on the board. Put in round buttered tins and shape to fit the pan. Bake in a hot oven. Split the cake and cover with strawberries, which have been well covered with powdered sugar, standing in a warm place. Use the pastry bag and tube for arranging the whipped cream over the top. A large biscuit cutter may be used and made into individual short cakes which are more easily served.

Recipe 7. FRUIT WHIPS.

Materials.	Measure.
Raspberries	1½ Cups
Powdered Sugar	1¼ Cups
White of Egg	1
Lemon Juice	1 Tablespoonful

UTENSILS:

Whip Churn — Tablespoon
Measuring Cup

DIRECTIONS.

Put all of the ingredients into the whip churn at once. Cover and whip until stiff enough to stand alone, which will take from ten to twenty minutes. The colder everything is the less time it will take to whip. This recipe will answer for strawberries, prunes, peaches or any of the cooked evaporated fruits and is a delicious dessert alone or over sponge cake. This will serve generously six or eight people.

Recipe 8. MARSHMALLOW PUDDING.

Materials.	Measure.
Whites of Eggs	4
Gelatine	1 Tablespoonful
Gran. Sugar	1 Cup
Vanilla	1 Teaspoonful
Marshmallows	
Colorings	

UTENSILS:

Egg Beater — Bowl
Measuring Cup — Vegetable Knife
Mold or Baking Pan

DIRECTIONS.

Beat the whites to a stiff froth. Soften the gelatine in a very little cold water, to cover, and add one-half cup of boiling water. Add this to the beaten whites stirring constantly and then the sugar a little at a time. Flavor. Divide this into three parts, color a very delicate pink, a pale green and leave the other white. Place a piece of oiled paper in the bottom of the mold, arrange a few sliced marischino cherries on this, carefully turn in the white mixture, sprinkle over this chopped pecan nuts and sliced cherries. Then the pink layer with sprinkling of nuts and cherries and last the green mix-

ture. Set in a cold place to get very cold. Turn out on a dish, garnish with marshmallows, cherries and whipped cream. These may be made in individual molds and small cups will answer very well for these molds.

Recipe 9. RICE PUDDING.

Materials.	Measure.
Milk	1 Quart
Rice	⅛ Cup
Salt	½ Teaspoonful
Sugar	½ Cup
Cinnamon or Nutmeg flavoring	

UTENSILS:

Measuring Cup — Double Boiler
Measuring Spoon — Tablespoon
Pudding Dish

DIRECTIONS.

Wash the rice in several waters. Heat the milk and sugar in a double boiler, stirring until the sugar is dissolved. Add all the remaining ingredients and stir three or four times for half an hour. Now turn into the buttered pudding dish and bake in a very slow oven three hours. Raisins, dates or figs may be added if desired. This pudding should not be dry but be of a creamy consistency.

All measurements level unless otherwise stated.

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Recipe 10. PLUM PUDDING.

Materials.	Measure.	Weight.
Seeded Raisins		¾ lb.
English Currants		¼ lb.
Blanched Almonds		¼ lb.
Candied Lemon Peel		¼ lb.
Candied Orange Peel		¼ lb.
Candied Citron		¼ lb.
Walnut Meats		¼ lb.
Suet		½ lb.
Sifted Bread Crumbs		½ lb.
Gran. Sugar	1 Cup	
Cream (scant)	½ Cup	
Eggs	4	
Cinnamon	1 Teaspoonful	
Salt	½ Teaspoonful	
Cloves	½ Teaspoonful	
Nutmeg		
Brandy	1 Wine-glass	
Fruit Juice or Wine	1 Wine-glass	

UTENSILS:

Food Chopper — Mixing Bowl
Egg Beater — Molds
Teaspoon — Measuring Cup
Scales — Steamer

DIRECTIONS.

Chop half the raisins and add to them the currants, chopped walnuts and almonds, citron, orange and lemon peel shredded fine. Now add all the remaining ingredients except eggs and cream and mix well together. Cover closely and let stand several days, at least 24 hours. Add the beaten eggs and cream and pack in well-buttered molds, cover tightly and steam six hours. Put away in a cool, dry place and when ready to use steam at least two hours, and longer will do no harm. Serve with hard sauce or ice cream.

In blanching the almonds either pour cold water over them for several hours to remove the skins or put over the fire with cold water, bring just to the boiling point, remove the skins and dry the almonds off quickly in the oven.

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Recipe 11. MINCE MEAT.

Materials.	Measure.	Weight.
Lean Boiled Beef...		3 lbs.
Suet		1½ lbs.
Chopped Apples ...	3 Quarts	
Stoned Raisins	1 Quart	
Currants	2 Cups	
Citron		¼ lb.
Molasses	1 Cup	
Juice of Oranges...	2	
Juice of Lemons....	2	
Grated rind of one of each		
Nutmeg	1	
Powdered Mace	1 Teaspoonful	
Salt	1 Tablespoonful	
Brown Sugar	3 Cups or 1½ Pints	
Cider	2 Cups	
Sherry	1 Cup	
Brandy as desired or Sweet Pickle Vinegar		

UTENSILS:

Measuring Cup	Scales
Grater	Lemon Squeezer
Sharp Knife	Measuring Spoons
Jars	Kettle

DIRECTIONS.

Chop the meat and suet fine and shred the citron. Mix all the dry ingredients together, then the liquids (except the sherry and the brandy). Mix all well together and bring slowly to the boiling point; boil five minutes. Remove from the fire and add sherry and brandy (if you use it) and seal in jars. This will make seven quart jars and cost about one dollar and a quarter.

All measurements level unless otherwise stated.

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Recipe 12. PUMPKIN PIE.

Materials.	Measure.
Pumpkin	
Rich Milk	1½ Cups
Cream	½ Cup
Salt	1 Teaspoonful
Butter	1 Teaspoonful
Cinnamon	1 Teaspoonful
Ginger	1 Teaspoonful
Molasses	1 Tablespoonful
Sugar	⅔ Cup
Eggs	2
Pastry for 2 pies...	

UTENSILS:

Large Bowl	Strainer
Colander	Measuring Cup
Measuring Spoon	Two Pie Pans
Board, Rolling Pin	Flour Sifter
Pastry Cutter	Potato Masher

DIRECTIONS.

Cut up the pumpkin without peeling and put into the colander; cover and place in the steam cooker and steam until tender. Put through the colander, using the wooden masher, and for every two and one-half cups of pulp use the above proportions, beating the eggs and melting the butter. Line the pie pans with good pastry. Break an egg in one pan, whirl it around until the white of the egg has covered the pastry. Pour the egg into the other pan and repeat. The egg may be used in this way and also used for the filling. Now fill full with the pumpkin mixture and bake in a moderate oven forty-five minutes or until done. Spoonfuls of whipped cream

piped around just inside the crust and in the center, adds both to the looks and to the taste.

Cranberry jelly is fine poured over the top.

Recipe 13. VANILLA ICE CREAM.

Materials.	Measure.
Cream	1 Quart
Gran. Sugar	1 Cup
Vanilla	2 Teapsoonfuls

UTENSILS:

Ice Cream Freezer
Double Boiler
Measuring Cup
Measuring Spoon
Cork and piece of Cheese Cloth
Ice Chipper

DIRECTIONS.

Pour half the cream and all of the sugar into the double boiler and place over the fire, stir only until the sugar is dissolved and the cream hot. Cool and add the remaining cream and flavoring and it is ready to freeze. In the meantime see that the ice cream freezer is perfectly clean, parts all together and ready for use. Place the dasher in the center of the can and pour in the prepared cream mixture. Do this always, except in fruit mixtures; they should never go in until the cream is almost frozen hard. Replace the can top and gear frame; then fill the space around the can in the tub with shaved ice and salt, one-third rock salt and two-thirds ice, which have been well mixed together and not put around in layers as it is often done. Pile clear up over the top and turn, not too rapidly but steadily until the mixture begins to freeze, keeping the motion steady and even. When frozen remove the dasher, put on the cover with the cork and cheese cloth inserted. Drain, repack with shaved ice very full, cover with heavy paper or burlap and let ripen for two hours. To make strawberry ice cream add another cup of sugar, quart of berries pressed through the colander and add as directed above.

Recipe 14. MAPLE ICE CREAM.

Materials.	Measure.
Eggs	2
Maple Syrup	⅔ Cup
Milk	½ Cup
Cream	1½ Cups

UTENSILS:

Ice Cream Freezer
Measuring Cup
Wooden Spoon
Egg Beater

DIRECTIONS.

Beat the yolks of the eggs until very light; add the hot maple syrup and the milk, stir and cook over the hot water until the mixture thickens. Then pour over the stiffly beaten whites of the eggs and cool. When cold add the cream, pour into a freezer and freeze. A cup of English walnuts or pecans broken fine are a nice change.

Recipe 15. LEMON CREAM SHERBET.

Materials.	Measure.
Sugar	1½ Cups
Lemons	3
Milk	2 Cups
Cream	2 Cups
Whites of Eggs	2
Pul. Sugar	2 Tablespoonfuls

UTENSILS:

Tablespoon — Spatula
Double Boiler — Measuring Spoon

DIRECTIONS.

Put the milk and sugar into the double boiler and stir until the sugar is dissolved and heated. Cool and add the cream and gradually the lemon juice. Turn into the freezer and freeze, turning slowly to have it fine grained. Beat the whites of the eggs until stiff, adding sugar. Pour this into the freezer, turn the dasher rapidly for a few minutes, re-pack and set aside to ripen.

Recipe 16. MAPLE MOUSSE.

Materials.	Measure.
Hot Maple Syrup...	1 Cup
Double Cream	1 Pint
Eggs	4

UTENSILS:

Double Boiler — Bowl
Egg Beater — Cream Whip
Mold — Ice Chipper
Pail — Ice
Salt

DIRECTIONS.

Heat the syrup in the double boiler. Beat the eggs until well mixed and slowly pour the hot syrup over them. Put back over the fire into the double boiler and cook until the mixture thickens, stirring carefully. Cool and add the cream which has been beaten stiff, fold this in gently but thoroughly. Pour this into a mold and pack as previously directed, in ice and salt, being sure to bind the cover with a strip of muslin dipped in butter or paraffine. Let stand three hours. Pineapple, oranges, raspberries, strawberries, coffee and chocolate all may be used in making these delicious parfaits or mousse, using a tablespoon of gelatine to a quart of cream and pulp from a box of berries.

All measurements level unless otherwise stated.

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Recipe 17. BAKED PEACHES AND PEARS.

Baked peaches are excellent either for breakfast or as a dessert at lunch or dinner. Select good sized freestones, pare, cut them in halves and remove the stones. Place a single layer in a baking dish, hollow side uppermost. Into each half put half a teaspoon of butter and the same amount of sugar, or a little more, if the family like sweets. Sprinkle nutmeg generously over the whole, and bake twenty to thirty minutes; when soft the peaches are done. Serve hot.

Recipe 18. PEACH TART.

Materials.	Measure.
Heavy Cream	1 Pint
Sugar	½ Cup
Vanilla	1 Teaspoonful
Lemon Juice	1 Tablespoonful
Peaches	

UTENSILS:

Whip Churn — Cake Pan
Sharp Knife

DIRECTIONS.

Bake a sponge cake in a round or square pan. Remove the center of the cake, leaving a rim about an inch wide and also a wall and bottom about an inch thick. Whip the cream, sugar and flavoring until stiff and solid. Fill the cake and set in a cool place. When ready to serve garnish with sliced peaches and finely chopped pistachio nuts.

Recipe 19. GRAHAM PUDDING.

Materials.	Measure.
Graham Flour	1½ Cups
Porto Rico Molasses	½ Cup
Milk	½ Cup
Butter	¼ Cup
Egg	1
Soda	½ Teaspoonful
Salt	½ Teaspoonful
Seeded Raisins	1 Teaspoonful
Cinnamon	½ Teaspoonful
Cloves	¼ Teaspoonful

UTENSILS:

Measuring Cup — Measuring Spoon
Egg Beater — Bowls
Steamer

DIRECTIONS.

Soften the butter but do not melt. Beat until creamy and add molasses, milk, well-beaten egg and all dry ingredients well mixed and sifted and the raisins cut in two. Turn into a well-buttered mold, cover and steam two and one-half hours.

Serve hot with lemon sauce.

Recipe 20. MARLBORO TARTS.

Materials.	Measure.
Tart Apples	6
Sugar	½ Cup
Melted Butter	½ Cup
Juice and Rind of Lemon	
Milk	½ Cup
Eggs	2
Nutmeg	

UTENSILS:

Measuring Cup — Sieve
Grater — Lemon Squeezer
Pie Pan

DIRECTIONS.

Quarter and stew the apples, put through the sieve and to each cupful of this pulp use the proportions given of all seasoning. Beat the whites of the eggs stiff and add at the last moment. Have a pie pan lined with paste and fill this with the apple mixture. Bake in a moderately quick oven about twenty-five minutes.

Recipe 21. LEMON CHEESE CAKES.

Materials.	Measure.
Cottage Cheese	1½ Cups
Sugar	⅛ Cup
Cream	2 Tablespoonfuls
Grated Rind and Juice of Lemon	1
Eggs	3
Currants and Sliced Citron	½ Cup
Vanilla	1 Teaspoonful

UTENSILS:

Potato Ricer — Measuring Cup
Tablespoon — Teaspoon
Lemon Squeezer

DIRECTIONS.

Press the cheese through the potato ricer. Add all the ingredients to it, with the eggs beaten very light. Mix thoroughly and line patty pans with rich pastry and fill with the mixture. Bake about 15 minutes or until the pastry is well baked and the mixture is thickened. Or the fruit may be omitted and the patties covered with Bar de Duc currants.

Recipe 22. PUMPKIN PIE.

Materials.	Measure.
Pumpkin	1½ Cups
Sugar	⅔ Cup
Cinnamon	1 Teaspoonful
Ginger	½ Teaspoonful
Salt	½ Teaspoonful
Eggs	2
Milk	1½ Cups
Cream	½ Cup
Plain Paste	

UTENSILS:

Pastry Board — Measuring Cup
Rolling Pin — Egg Beater
Kettle — Measuring Spoon
Coarse Sieve — Mixing Bowl
Pie Pan

DIRECTIONS.

Cook the pumpkin until dry and put through a coarse sieve. Then add the ingredients in the order given, beating the eggs and adding last. Line a deep pie pan with good rich paste and fill with the pumpkin and bake in rather hot oven. Wrap the edge of pastry with wet cloth to keep from burning the edges

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Recipe 23. APPLE RICE PUDDING.

Materials.	Measure.
Rice	½ Cup
Sugar	½ Cup
Milk	3 Cups
Eggs	3
Vanilla	½ Teaspoonful
Tart Apples	6
Jelly	

UTENSILS:

Apple Corer — Baking Pan
Measuring Cup — Teaspoon
Sauce Pan — Egg Beater

DIRECTIONS.

Wash the rice well and add slowly to one quart of boiling water and boil hard for fifteen minutes. Drain and blanch with cold water. Mix the milk, sugar and beaten yolks with flavoring. Wipe the apples and core, being careful not to go clear through. Arrange in a slightly buttered baking dish and pour the rice mixture all around the apples. Bake until the pudding is set and the apples are done in not too hot an oven. When cold fill the apples with jelly and the whites whipped stiff with three tablespoonfuls of sugar beaten with them and piled over the top. Serve with cream.

Recipe 24. APPLE TAPIOCA.

Materials.	Measure.
Instantaneous Tapioca	½ Cup
Boiling Water	2 Cups
Sugar	½ Cup
Lemon Juice	
Salt	½ Teaspoonful
Sour Apples	5
Nutmeg	

UTENSILS:

Bowl	Double Boiler
Apple Corer	Baking Dish
Vegetable Knife	Wooden Spoon

DIRECTIONS.

Measure the tapioca and put into the bowl with sufficient cold water to cover; it will soften in a minute. Put into the double boiler, add boiling water and salt, stir and cook until clear. Core and pare the apples, rolling them in lemon juice. Set them in a buttered baking dish, fill the centers with sugar, a small piece of butter and a little nutmeg. Pour the tapioca over the whole and bake in a moderate oven until the apples are tender. Serve with sugar and cream.

Recipe 25. PRUNE FLUFF.

Materials.	Measure.	Weight.
Large Prunes		½ lb.
Whites of Eggs	4	
Powdered Sugar	½ Cup	
Lemon Juice	1 Tablespoonful	

UTENSILS:

Double Boiler	Bowl
Whip Churn or Egg Beater	Colander

DIRECTIONS.

Wash and soak the prunes over night in cold water. The next morning put them into the double boiler over the fire and cook very slowly. When done remove the prunes and boil the juice down to one-half cupful. Pit the prunes, add the juice and rub all through a colander. Have the whip churn on ice and the eggs cold. Put all the ingredients into the churn and whip until stiff; this will take from ten to twenty minutes. Serve very cold in tall glasses. Half apricots and half prunes give a nice flavored dessert. Serve sponge cake with this.

Recipe 26. APPLE OR FRUIT CUPS.

Sift together one pint of flour, a half teaspoonful of salt, two tablespoonfuls of sugar and one teaspoonful of baking powder. Beat one egg, add four tablespoonfuls of milk and stir into the dry mixture, adding more milk as necessary to make a thick batter. Add two tablespoonfuls of melted butter and beat hard. Butter some baking cups and put in each a spoonful of the batter. Add a quarter of a tart apple, and more batter to cover and two-thirds fill the cup. Steam or bake and serve with a hard sauce. Any kind of fresh fruit may be used instead of the apple.

Recipe 27. **FIG PUDDING.**

Materials.	Measure.	Weight.
Figs		½ lb.
White Grated Bread Crumbs	1 Cup	
Brown Sugar	1 Cup	
Chopped Suet	1 Cup	
Milk	1 Cup	
Cinnamon	1 Teaspoonful	
Cloves	¼ Teaspoonful	
Salt	¼ Teaspoonful	
Well-Beaten Eggs	2	

UTENSILS:

Steamer — Food Chopper
Grater — Egg Beater
Measuring Cup — Mold or Pan

DIRECTIONS.

Put the figs and suet through the food chopper and grate the white part of a stale loaf of bread until you have the given amount. Mix all the ingredients with these, the well-beaten eggs last. Mix well and pour into a well-buttered mold or pan and steam for three hours. Serve hot with lemon sauce.

Recipe 28. **JELLIED APRICOTS.**

Materials.	Measure.	Weight.
Evaporated Apricots		½ lb.
Gran. Sugar	½ Teaspoonful	
Cream		

UTENSILS:

Bowl — Double Boiler
Measuring Cup — Individual Molds

DIRECTIONS.

Wash the apricots and soak over night in cold water. The next morning turn them into the double boiler and cook over a very slow fire until quite tender but so they will keep their shape. Measure the syrup and for each cupful use the given amount of gelatine softened in a little cold water. Reheat the syrup, add the gelatine and stir until dissolved. Wet the molds, put an apricot in the bottom of each one and pour over the syrup. Set in a cold place to harden. Turn out and serve with cream. Any evaporated fruit will answer for this recipe.

BEVERAGES.

(Including Coffee, Tea, Chocolate, Cocoa, Lemonades, Ginger Ale, Fruit Syrups, Punch and Home-Made Wines.)

"Simple living and high thinking have the approval of learned men and women."

Tea, coffee, chocolate or cocoa are the beverages most indulged in, in the average home, but a few additions have been made under this heading. Water is presumably the true beverage; but with all the numerous "Waters" to drink, one is not quite sure whether they have the right one, and if they have one are not quite sure but they should have chosen the other. But good

water we must drink, and plenty of it, if we wish to keep in a good healthy condition.

Tea and coffee should be taken in moderation and coffee must always be of the best, and made most carefully. Never allow the coffee to be pulverized as that means "burnt" (through grinding) coffee, but finely ground, and for large quantities one-half pound to four quarts of water.

A cup of chocolate or cocoa well made is a wholesome food. Always make in a double boiler, and it requires cooking. Not actively boiling, but with the steady water heat underneath should be cooked sufficiently to take away that "raw taste" so often found in a cup of chocolate in public places.

Tea is usually poor, not only on account of the indifference with which people usually buy this article, but the greater indifference with which it is made. As with coffee, the water should be freshly boiled and when possible use a tea ball or strainer; then by dipping up and down you can have just the desired strength. But this is not always convenient, so use a hot earthen pot and boiling water, let stand two or three minutes and with a good tea the infusion is delicate and not unwholesome when taken in moderation.

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Recipe 1. **HOW TO MAKE COFFEE.**

Materials.	Measure.
Coffee 4	Tablespoonfuls
White of Egg 1	Tablespoonful
Cold Water ..... ¼	Cup
Boiling Water 3	Cups

UTENSILS:

White enameled Coffee Pot
Tablespoon Measuring Cup

DIRECTIONS.

A great deal both of interest and information might be written about coffee, but it is not wise to take it up here. Always buy the best coffee that can be bought, and that does not always mean the highest priced. Inform yourself so as to know good coffee. Do not always blame the grocer if your coffee is poor; sometimes the poor coffee is the result of a not perfectly clean coffee pot. Once a week put a teaspoonful of baking soda into the pot, partly fill it with water and boil for at least ten minutes. Then wash thoroughly and you will find it sweet and clean. So there are three necessaries for good coffee, first an enamel or granite pot kept perfectly clean, or buy a cheaper coffee pot (not tin, however) and have a new one oftener. Second, a good blending of the best Mocha and Java coffee; and third, freshly boiled water. Scald the pot, grind the coffee about as fine as coarse granulated sugar. Beat the egg in the cold water, add the coffee and mix well. Pour into the coffee pot and add one cup of boiling water and bring quickly to the boiling point. Now this must be done always, or the coffee is ruined. Set back on the stove where it will keep hot, but not boiling, and add the remaining two cups of boiling water. Let stand two or three minutes, settle with a very little cold water and serve at once.

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Recipe 2. DRIP COFFEE.

Materials.	Measure.
Coffee	2 Tablespoonfuls
Boiling Water	4 Cups

UTENSILS:

Drip Coffee Pot — Tablespoon
Measuring Cup

DIRECTIONS.

There are so many percolators on the market that one is at a loss to know which one to choose. Select one with as few separate parts as possible, and easy to keep clean. It is not wise to choose those having washable bags. When you have wisely made your selection, do not take it home and set it on the shelf, but use it, as coffee made in this manner is for most people perfectly harmless. Put the freshly boiled water into the lower part of the coffee pot, and the coffee ground as fine as it can be ground without pulverizing it, into the upper section. Put on the cover and place over the fire. In from five to eight minutes you will have a most delicious coffee. Tea can be made in the same manner. These drip coffee pots or percolators can be purchased to have the coffee made in the kitchen or with alcohol lamps for table use.

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Recipe 3. CHOCOLATE.

Materials.	Measure.	Weight.
Chocolate		2 oz.
Hot Water	1 Pint	
Milk	1 Pint	
Sugar	3 Tablespoonfuls	
Vanilla	1 Teaspoonful	

UTENSILS:

Double Boiler — Measuring Cup
Teaspoon — Tablespoon
Egg Beater

DIRECTIONS.

Put the chocolate into the double boiler and add the hot water, stirring until dissolved and hot. Then add the milk which has been heated, beat well until the water boils well underneath. Add the sugar and beat again. Remove from the fire, flavor, and serve in heated cups with whipped cream. Be sure the chocolate is cooked and does not have a raw taste as this is ruinous to good chocolate. Iced cocoa is very nice. Prepare the cocoa a little stronger than usual and when cool put it on the ice and chill. Serve with shaved ice and whipped cream.

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Recipe 4. **COCOA.**

Materials.		Measure.
Cocoa	4	Teaspoonfuls
Sugar	6	Teaspoonfuls
Boiling Water	½	Pint
Milk	1½	Pints
Pinch of Salt		
Vanilla	1	Teaspoonful

UTENSILS:

Measuring Cup — Double Boiler
Teaspoon — Egg Beater

DIRECTIONS.

Mix the cocoa and sugar well together in the double boiler, and add the boiling water, stirring all the time until it reaches the boiling point. Add the milk and stir constantly until very hot; now whip with a Dover egg beater until light and frothy. Cover for five minutes. Flavor and serve plain or with whipped cream.

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Recipe 5. **GINGER ALE.**

Ginger ale is the foundation of many agreeable drinks and fruit punches, since almost all fruits and flavors seem to harmonize well with the ginger and lemon of which it is made. In two gallons of water dissolve three pounds of granulated sugar, and add the beaten whites of three eggs and two ounces of ground ginger, previously dissolved in water. Let the mixture come to a boil, skim and set aside to cool. Now add the juice of four large lemons, one-fourth a yeast cake (compressed) previously dissolved in a little water, and stir the mixture thoroughly. Let stand for a few minutes, and then strain through a cheese cloth bag, and pour into bottles. Set away in a cool dark place, and in forty-eight hours, the ginger ale will be ready to drink. An acid flavor may be given to this ale by squeezing the juice of half a lemon into a tumbler, and then filling the glass with the ale.

Recipe 6. **FRUIT SYRUPS.**

For a change in punches try rhubarb, raspberry, currant, pineapple, or strawberry-ade. These, as also lemonade, are better if sugar syrup rather than crude sugar be used for sweetening, but on no account should the fruit juice be cooked. Add this when the syrup has become cold. A little lemon juice to give "point" to the particular fruit flavor that is used is essential in all beverages of this class.

Remember to use the sweet element sparingly even if the beverage is to be used half frozen; for sugar is a fuel food and in consequence is not "in order" during the heated term. Half a cup of sugar is enough for unfrozen mixtures; two-thirds of a cup may be required when the beverage is to be frozen. But, while stinting on the sugar be generous with the fruit juice, and if the quantity at hand of one variey be scanty, add the juice of some other fruit and call the concoction a punch.

Recipe. 7. LEMON SYRUP.

Materials.	Measure.	Weight.
Lemon Juice	1 Quart	
Gran. Sugar		6 lbs.
Water	1 Quart	
Whites of Eggs	2	

UTENSILS:

Lemon Squeezer — Puree Sieve
Porcelain lined Kettle — Egg Beater
Wooden Spoon — Skimmer

DIRECTIONS.

Roll the lemons hard under your hand to soften them and squeeze out every bit of juice. Put the sugar into a porcelain lined kettle. Beat the eggs to a stiff froth, mix them with the water and add to the sugar. Stir until the sugar is dissolved. Place the kettle over the fire and boil and skim until there is no scum arising to the surface. Add the lemon juice to the boiling syrup, cover and boil gently ten minutes. Remove from the fire and when cool fill bottles which have been rinsed with alcohol. Use bottles with patent stoppers. This syrup will keep well the entire year, but should be made in the spring when lemons are cheap and plentiful. Oranges may be used in the same manner as above, using two quarts of juice and the same ingredients. Pineapples, cherries, grapes, currants, raspberries and strawberries all make syrups which make delicious drinks, sauces, and ice creams when these fruits are out of season. Be careful of too much boiling as it destroys the flavor and color of the syrup. Use only granite or porcelain lined kettles and stir with wooden spoon.

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Recipe 8. FRUIT PUNCH.

Materials.	Measure.	Weight.
Ceylon or English Breakfast Tea		1 oz.
Oranges	2	
Lemons	6	
Sugar	4 Cups	
Grated Pineapple	1 Pint	
Vanilla and Almond Extract	1 Teaspoonful	
Bananas	2	
Ginger Ale	1 Pint	
Water	3 Quarts	
Ice		

UTENSILS:

Stew Pan — Grater
Measuring Cup — Lemon Squeezer
Punch Bowl

DIRECTIONS.

Put the tea into the stew pan and cover with a quart of boiling water; cover the pan for twenty minutes, and strain. Grate the yellow rinds from half the lemons and oranges adding this to the sugar and mixing all with the infusion. Stir until the sugar is dissolved, place over the fire and bring to the boiling point and boil five minutes. Strain and cool. Add the juice of the lemon and oranges and all the other ingredients. Turn this into the punch bowl with a nice block of ice and serve. Fresh berries may be added to this or grape juice may be used instead of ginger ale.

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Recipe 9. MINT PUNCH.

Materials.	Measure.	Weight.
Fresh Mint Sprigs..	1	Dozen
Shaved Ice	1	Cup
Sugar	¼	Cup
Lemon Juice or Pure Cider Vinegar	2	Tablespoonfuls
Raspberry Syrup ...	1	Cup
Water	1	Quart

UTENSILS:

Tablespoon — Measuring Cup
Punch Bowl — Shaker
Ice Shaver — Lemon Squeezer
Chopping Bowl and Knife

DIRECTIONS.

Chop the mint fine, add to the ice and sugar. Put all into a shaker and shake hard until the sugar is dissolved; pour into a punch bowl, add the other ingredients and serve very cold.

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Recipe 10. MINT LEMONADE.

Materials.	Measure.
Shaved Ice	½ Glass
Water	¼ Glass
Lemon Syrup or Lemon	2 Tablespoonfuls ½
Sugar	2 Teaspoonfuls
Creme de Menthe Cherry	1
Creme de Menthe...	1 Teaspoonful
Mint	2 Sprigs.

UTENSILS:

Ice Shaver — Straws
Lemon Squeezer — Tall Glasses

DIRECTIONS.

Put the shaved ice into the glass and add the lemon syrup or the sugar dissolved in the lemon juice. Stir well, then add the remaining ingredients, decorating with sprigs of mint standing upright in the glass, and three straws. This is not only very refreshing but attractive as well.

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Recipe 11. APPLE LEMONADE.

Materials.	Measure.
Tart Apples	6
Lemons	3
Stick Cinnamon	¼
Sugar	4 Cups
Bay Leaves	2
Raisins	1 Cup
Oranges	1

UTENSILS:

Porcelain Kettle — Paring Knife
Grater — Measure
Jelly Bag — Ice Shaver

DIRECTIONS.

Mash, quarter and core the apples; put them into the kettle with raisins, bay leaves and cinnamon. Add two quarts of water and bring to the boiling point; add two more quarts of cold water in which the sugar and grated rind from the lemons and oranges have been dissolved. Simmer slowly half an hour, strain and when cool and ready to serve add the juice of the lemons and oranges. Set on ice until very cold. Put a little shaved ice into the sherbet cups, fill with the cold lemonade and serve.

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Recipe 12. **ELDERBERRY WINE.**

Materials.	Measure.	Weight.
Elderberry Juice ...	5 Quarts	
Sugar		15 lbs.
Water		

UTENSILS:

Fruit Press — Five-Gallon Keg
Quart Measure — Seals

DIRECTIONS.

Pick the elderberries when dead ripe and extract the juice with a fruit press. Into the keg put the above amount of juice dissolved in water. Be sure the sugar is thoroughly dissolved before putting it into the keg. Fill the remaining space with water. Rack off in February and wash keg in which you can replace the clear wine or it can be bottled. This makes a heavy sweet wine on the order of port. To make it more tart and without so much body use four quarts of juice and fourteen pounds of sugar. The first wine is dark colored while the latter is lighter in color. To make the wine from the elderberry blossoms pick when dead ripe and falling from the bush; pick from the stems and to one quart of blossoms add the juice of two lemons, four pounds of sugar and pour over all one gallon of boiling water. Let cool and when lukewarm add one half yeast cake to five gallons of wine and let ferment three days. Put into a keg, leave bung out, and let ferment for a month or six weeks. When through with fermentation it can be racked off and bottled.

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CHAFING DISH COOKERY.

(Including Rarebits, Creamed Oysters, Etc.)

"The social meal in the home is an ideal preparation for good digestion."

While the chafing dish started the fashion, it has quickly grown to be one of the very best of friends. There are many homes where you find it, and nowhere is it more serviceable or welcome than at the Sunday night supper.

All who possess this most useful dish are on the lookout for new exploits in the chafing dish line. Always making fresh and astonishing creations. In the recipes here given they may represent to many merely old friends with new faces, or new names, or perhaps the old dress with additional frills, which add not only to the attractiveness of the dish but the taste as well. There are few things that cannot be done in the chafing dish if one knows how. The greatest aid to successful results is having everything in readiness for work. Arrange all material conveniently on either side of dish; milk and cream and all liquids, in fact, in attractive pitchers. Butter molded in balls measuring one tablespoonful. Matches in a little tray, etc. Chafing dish on a tray. Teaspoon and tablespoon for measuring and all seasonings arranged on a small tray. It is not necessary to tell how these things should be arranged,

but neatly and in order and perfectly convenient. Give thought and care to this as it saves time and confusion.

See that the lamp is in perfect working order and filled.

If all the preparations are carefully made, each or any dish will be quickly and easily cooked.

For a quick breakfast and where you do not have access to gas, its worth cannot be estimated. The chafing dish has come to stay.

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Recipe 1. CREAMED OYSTERS.

Materials.	Measure.
Oysters 1	Pint
Butter 2	Tablespoonfuls
Flour 2	Tablespoonfuls
Cream 1	Pint
Celery Salt	½ Teaspoonful
Salt	½ Teaspoonful
Dash of Nepaul Pepper	

UTENSILS:

Chafing Dish — Large Spoon

DIRECTIONS.

Put the butter into the chafing dish and when heated to be just creamy, add the flour; blend well together and when smooth, gradually add the cream, stirring constantly until the sauce is smooth. Add the oysters which have been well rinsed, small particles of shell removed and drained. Bring to the boiling point, season and serve. A very nice change may be had by using half the given amount of cream and substitute one-half cup of sherry, one tablespoonful of Worcestershire sauce and one stalk of celery cut very fine and cooked slightly in the butter.

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Recipe 2. OYSTERS WITH MUSHROOMS.

Materials.	Measure.
Oysters 1	Pint
Mushrooms 1	Can
Butter 1	Large Tablesp'l
Flour 1	Large Tablesp'l
Cream 1	Cup
Yolks of Eggs 2	
Salt 1	Teaspoonful
Dash of Paprika ...	

UTENSILS:

Chafing Dish — Tablespoon
Toast — Measuring Cup
Small Egg Beater

DIRECTIONS.

Put the butter into the chafing dish; when slightly melted add the flour and stir until well blended; now pour in the cream and one-half cup of the liquor from the mushrooms. Stir until smooth. Add the oysters and the small mushrooms whole or sliced. Bring to the boiling point and add the well-beaten yolks slowly. Remove at once from the fire, season and serve on squares of toast.

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Recipe 3. **WELSH RAREBIT.**

Materials.	Measure.	Weight.
American Cheese, yellow		1 lb.
Butter	1 Tablespoonful	
Catsup	1 Tablespoonful	
Ale or Beer	½ Cup	
Salt	½ Teaspoonful	
Horseradish	1 Teaspoonful	
Clove of Garlic	1	
Cayenne Pepper		
Worcestershire Sauce		

UTENSILS:

Chafing Dish Grater
Tablespoon Teaspoon

DIRECTIONS.

Grate the cheese or cut it very fine. Rub the pan with the garlic. Mix all the seasonings with the cheese. Heat the beer and when boiling hot add the cheese mixture and stir rapidly and constantly until smooth and creamy. Beat very hard at the last and serve at once on squares of toast.

Be very sure the plates are hot, also the toast, and ready the instant the rarebit is done. The success of this depends largely upon the cheese. Nothing is better than a good soft yellow New York cheese.

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Recipe 4. **SHRIMP WIGGLE.**

Materials.	Measure.
Shrimps	1 Cup
Peas	1 Cup
Paprika	⅛ Teaspoonful
Flour	1 Large Tab'sp'l
Milk	1½ Cups
Butter	2 Tablespoonfuls
Salt	1 Teaspoonful
Chopped Parsley	1 Teaspoonful
Extract of Beef	½ Teaspoonful

UTENSILS:

Chafing Dish Teaspoon
Tablespoon

DIRECTIONS.

Prepare the shrimps by rinsing, draining, and cutting or breaking in small pieces. Soften the butter in the chafing dish, mixing the flour well with it; then pour on gradually the milk and as soon as the sauce thickens add the shrimps and peas with all the seasonings. Bring to the boiling point and serve.

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Recipe 5. **SHRIMPS A LA POULETTE.**

Materials.	Measure.
Shrimps	1 Cup
Butter	1 Tablespoonful
Flour	1 Tablespoonful
Cream	1 Cup
Salt	½ Teaspoonful
Yolks of Eggs	2
Lemon Juice	1 Tablespoonful
Nepaul Pepper or Paprika	

UTENSILS:

Measuring Cup Chafing Dish
Tablespoon Teaspoon
Lemon Squeezer

DIRECTIONS.

Mix the butter and flour well together in the chafing dish. Add the cream gradually, stirring all the time. Now add the shrimps, season and when hot serve. Whole wheat bread sliced thin, buttered and a small piece of lettuce thinly spread with Hot Relish, cut in fancy shapes for sandwiches are very nice served with shrimps.

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Recipe 6. SWEETBREADS SAUTE WITH FRENCH PEAS.

Materials.	Measure.
Sweetbreads	
Grated Bread Crumbs (white)..	
Egg	
Butter	
Salt	
Bacon	

UTENSILS:

Chafing Dish
Shallow Dish or Saucer for Egg
Plate for Bread Crumbs

DIRECTIONS.

Prepare the sweetbreads by washing well in cold water, removing any of the pipes and membranes. Cook them in boiling salted water with one tablespoonful of lemon juice twenty minutes. Then put them in cold water for a few minutes, and then into the refrigerator until wanted for the chafing dish. Sprinkle with salt and pepper, roll in fine white bread crumbs, then in the beaten egg, again in the crumbs and saute in the chafing dish after delicately cooking the bacon. Serve the sweetbreads and bacon garnished with the French peas heated and seasoned with butter, pepper and salt.

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Recipe 7. CHICKEN HOLLANDAISE.

Materials.	Measure.
Cooked Chicken 1	Pint
Chopped Celery ... ½	Cup
Butter 2	Tablespoonfuls
Flour 2	Tablespoonfuls
Onion Juice 1	Teaspoonful
Chopped Parsley ... 1	Tablespoonful
Yolks of Eggs 2	
Juice of one-half Lemon	
Paprika	
Kitchen Bouquet ... ½	Teaspoonful
Stock or Water 1	Cup

UTENSILS:

Chafing Dish — Measuring Spoon
Measuring Cup — Egg Beater
Tablespoon — Bowl

DIRECTIONS.

Melt the butter in the chafing dish, add the celery and cook just a few moments. Stir in the flour and water or stock gradually. Add the remaining seasonings with the carefully cooked meat of the chicken cut in small pieces. Stir all well together and when well heated add the yolks of the eggs well beaten. Serve with watercress sandwiches and thin bread and butter.

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Recipe 8. THE QUEEN'S TOASTED CHEESE.

Materials.	Measure.	Weight.
Cheese, not too soft		½ lb.
Ale 3	Tablespoonfuls	
Champagne 1	Small Glass	
Dash of Cayenne ...		
Salt ..... ½	Teaspoonful	
Toast		

UTENSILS:

Chafing Dish — Grater
Tablespoon — Wine Glass
Teaspoon

DIRECTIONS.

This is the recipe from the Lodge at Windsor. Grate the cheese fine and add the ale and champagne. Put into the chafing dish and stir well until the mixture is smooth and creamy. Add the seasoning and serve very hot from the chafing dish on squares of toast. A light salad with French Dressing is a nice accompaniment to this.

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Recipe 9. **TOMATO RAREBIT.**

Materials.	Measure.	Weight.
Soft American Cheese		1 lb.
Strained Tomatoes	½ Pint	
Salt	1 Teaspoonful	
Nepaul Pepper		
Soft White Bread Crumbs	1 Cup	
Clove of Garlic		
Kitchen Bouquet	½ Teaspoonful	

UTENSILS:

Chafing Dish — Tablespoon
Teaspoon — Measuring Cup
Grater

DIRECTIONS.

Grate the cheese and mix all the ingredients with it. Rub the chafing dish with a clove of garlic. Turn the mixture into the pan and stir rapidly until hot and smooth. Serve at once on toast accompanied with cucumber salad and French Dressing.

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Recipe 10. **CHICKEN A LA KING.**

Materials.	Measure.
Cooked Chicken, diced	2½ Cups
Cream	2 Cups
Button Mushrooms	½ Cup
Butter	3 Tablespoonfuls
Flour	2 Tablespoonfuls
Green Pepper	½
Salt	
Paprika	
Toast	

UTENSILS:

Chafing Dish — Measuring Cup
Wooden Spoon — Tablespoon

DIRECTIONS.

Arrange the materials in the following manner to bring to the table; mold the butter, a tablespoonful in each ball; have the pepper chopped fine on a little butter chip; measure the flour, the cream in a pitcher, the mushrooms cut in halves and the chicken cut in cubes in a dish. Light the chafing dish and put the butter in the pan to melt, add the pepper and cook three or four minutes without allowing the butter to brown. Stir in the flour, then the cream, stirring until it thickens. Set into the hot water pan, then add mushrooms, chicken, salt and paprika. When heated thoroughly, serve on toast.

THE CANNING OF FRUITS AND VEGETABLES.

(Including Both Large and Small Fruits, Pineapples, Asparagus, Beans, Beets, Tomatoes and Green Corn.)

"Practice makes perfect."

It is not difficult to can all kinds of fruits and vegetables if one studies sterilization, has perfect utensils and knows how to select fruits. The slight-

est disregard of necessary rules in the canning or preservation of fruits may cause great loss, not only of time and strength, but money as well.

The following rules have been used many times with perfect success. If you fail it is because you have not followed the suggestions given.

All fruits and vegetables to be perfect should be canned the day they are picked. If this is not possible, when purchased at the stores, come as close to freshness as you possibly can.

They must be ripe, not bruised, and free from decay.

They must be cooked in the cans or jars in which they are to be kept; and the best process known is canning by steam. Cans or jars and covers (and rubbers if you use them) should be perfect. Use new rubbers every year. Use jars with covers which are absolutely unaffected by any known food acid, and sweet and clean as the glass itself.

The jars must be sterilized by placing in the cooker and gradually bring water to the boiling point, and boil for ten minutes. Covers should be dipped in boiling water and not handled on the inside after this sterilizing.

The contents of every jar must be sterile; that is, sufficiently boiled to destroy all the germ life in it; otherwise they will surely spoil, and one germ will spoil the entire contents. Different fruits and vegetables require different time for cooking, as some germs are tougher and longer lived than others.

Fewer utensils are necessary with the steam cooker than any other method of canning, and these should also be sterilized to insure perfect success.

Recipe 1. RASPBERRIES AND ALL SMALL FRUITS.

Materials.	Measure.
Large Red Raspberries	1 Quart
Currant Juice	½ Pint
Sugar	⅔ Cup

UTENSILS:

Steam Cooker	Wide Mouthed Funnel
Large Kettle	Fruit Jars
Large Enamel Spoon	Stew Pans
Towels	Holders

DIRECTIONS.

Place the required number of jars and covers in the kettle of cold water over a slow fire and bring slowly to the boiling point. Mash the currants and press out the juice until you have the required amount. Usually a quart of currants makes one-half pint of juice. Bring this juice to the boiling point and add the sugar. Bring to the boiling point again, skim and boil five minutes. Fill the hot sterilized jars with the berries, adjust the rubbers and pour over the boiling syrup. Stand the jars in the cooker and steam five minutes. If the jars are not quite full, fill from one jar then return them to the cooker and steam five minutes longer. Seal tightly, stand aside until cool. Then tighten again.

In canning strawberries, place them in a colander and dip them up and down two or three times in cold water to remove any sand or dirt. Drain and stem them. Make your syrup, using water in place of currant juice. Fill the jars full of berries and place in the cooker. Steam for ten minutes. Lift out three jars, drain free from juice and fill two of them from the steamed fruit of the third; fill with the boiling syrup, adjust rubbers and stand again

in the cooker, steaming five minutes longer. Seal as directed for raspberries. Keep in a cool, dark place.

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Recipe 2. CANNING LARGE FRUITS.

(Peaches, Pears, Apples, Pineapples, Quinces, Etc.)

Materials.	Measure.	Weight.
Peaches		8 lbs.
Sugar		2 lbs.
Water	1 Quart	

UTENSILS:

Steam Cooker	Wide Mouthed Funnel
Stew Pan	Wooden Spoon
Wire Basket	Towels
Holders	Fruit Jars
Measuring Cup	Scales
Large Kettle	

DIRECTIONS.

Put the jars and covers into the large kettle filled with cold water, and bring slowly to the boiling point. Add the sugar to the given amount of water, stirring until the sugar is dissolved. Place it over the fire and boil ten minutes. Skim. While the jars are heating and the syrup boiling, put the fruit a little at a time into the wire basket and dip in hot water for just a moment. Cut the peaches in halves, remove the stones and the skins. Be sure you do this, as the peaches are kept in perfect shape. Take one jar at a time from the hot water, drain and neatly arrange the fruit in them. Fill to overflowing with the boiling syrup, adjust the sterilized rubbers and steam five minutes. Have some of the boiling syrup in readiness and if the syrup is not at the top of the jar, fill with the syrup to overflowing and seal at once.

These directions will answer for all large fruits such as pears, apples, pineapples and quinces. Add just a little green ginger root to pears for flavor.

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Recipe 3. ASPARAGUS AND STRING BEANS.

Materials.	Measure.
Asparagus	
Boiling Water	
Salt	

UTENSILS:

Steam Cooker	Towels
Holders	Fruit Jars
Paring Knife	Large Kettle

DIRECTIONS.

Wash, drain and trim fresh asparagus. Fill the sterilized jars neatly, heads up; adjust the rubbers and place them in the steam cooker and steam without water three-quarters of an hour, then fill the jars with boiling water. Add a teaspoonful of salt to each jar and steam thirty minutes longer. Place cover on the jar before removing from the cooker, then lift out carefully and screw covers on tightly. Always tighten the covers after the jars have become cold.

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Recipe 4. PEAS, LIMA BEANS OR BEETS.

Materials.	Measure.
Peas	
Boiling Water	
Salt	

UTENSILS:

Steam Cooker	Wide Mouthed Funnel
Towels	Holders
Tablespoon	Fruit Jars
Large Kettle	

DIRECTIONS.

Select very young peas and be sure they are freshly picked. Sterilize the jars as directed in previous recipes. Fill the peas in the jars, stand in the steam cooker and steam forty minutes; put a teaspoonful of salt in each jar and fill to overflowing with boiling water. Steam again twenty minutes and screw on the tops. In removing the tops from the kettle in which they are sterilized, do not turn them up or let anything come in contact with them, not even the fingers. Peas contain sugar. The air is full of wild yeast plants which live upon such material. One spore on the inside of the lid might spoil the entire jar of vegetables. Keep in a cool, dark place.

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Recipe 5. CORN.

Materials.	Measure.
Corn	

UTENSILS:

Steam Cooker	Large Kettle
Tablespoon	Holders
Wide Mouthed Funnel	Towels

DIRECTIONS.

After removing the husks and every particle of silk from perfectly fresh corn, cut it from the cob, pack it in sterilized jars, press down well and fill them. Put these jars into the steam cooker and steam for two hours. If the corn shrinks fill three jars from the fourth and put them back into the cooker and steam one hour longer. Seal carefully as directed for peas, as corn is one of the hardest vegetables to can. Watch carefully for three or four days, and if there is the slightest sign of fermentation, remove the lids, put them back into the cooker and steam thirty minutes again.

(Some, who do not have a steam cooker, set the jars in boiling water.)

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Recipe 6. TOMATOES.

(Also Raspberries, Currants, Cherries, Pared Plums, Grapes, Soft Pears, Soft Peaches, Etc.)

Materials.	Measure.
Tomatoes	
Boiling Water	
Salt	

UTENSILS:

Steam Cooker — Wire Basket
Large Kettle

DIRECTIONS.

Select tomatoes perfectly fresh, firm and uniform in size to pass into the jars perfectly whole. Place a few tomatoes at a time in a wire basket and dip in boiling water to loosen the skins. Sterilize the jars and fill with tomatoes, being careful not to crush them. Add one teaspoonful of salt and fill to overflowing with boiling water. Screw the covers on tight at once, and stand in a kettle of boiling water, turning the burner out. Let stand until cold. Fruit such as raspberries, currants, cherries, pared plums, grapes, soft peaches and soft pears will keep nicely in this same way, using boiling syrup instead of boiling water.

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Recipe 7. CANNED PINEAPPLE.

Materials.	Measure.
Ripe Pineapples ...	
Water and Juice ...	1 Pint
Gran. Sugar	1 Pint

UTENSILS:

Sharp Butcher Knife — Fruit Jars
Vegetable Knife — Measuring Cup
Silver Knife or Fork — Steam Cooker
Stew Pan — Wooden Spoon

DIRECTIONS.

Secure perfectly ripe fruit, and cut crosswise in slices from one-half to three-quarters of an inch thick, peel and remove eyes and any brown spots and pick into small pieces with fork, or cut in any desired shapes, using the silver knife for this purpose.

Fill the copper pan of the steam cooker with cold water, set the jars inside the cooker, put over the fire, bring the water to the boiling point and boil ten minutes. This is absolutely necessary for sterilization of the jars. In the meantime add the juice from the pineapple to the water and sugar, put this into the stew pan over the fire, stir until sugar is dissolved. Boil five minutes and skim. Remove one jar at a time from the cooker, fill with the pineapple and then to overflowing with the boiling syrup. Put those filled into the cooker, lay the cover on top, which has been dipped for a second time in boiling water, and steam fifteen minutes. Now remove each jar, lift off the cover and place again in boiling water while you fill the jar to overflowing with the remaining boiling syrup. Replace the cover quickly, sealing tight, and stand aside to cool. The next morning and for nearly a week, watch your fruit carefully to see if it is going to keep. The contents of every jar must be sterile (dead), one germ on the cover, in the jar or fruit will spoil the entire contents.

PRESERVING AND JELLY MAKING.

(Including Jams and Fruit Juices.)

"There is every kind of berry in my pail,
I wanted blue ones only,
But on this fruitful road I could not fail
To find all kinds of berries in my pail."

In preserving, canning or jelly making, iron or tin utensils should never be used. The fruit acids attack these metals and give both bad color and taste to the fruit.

The kettle should be broad rather than deep, and this may be procelain lined, enameled or aluminum. As in any other work, the proper tools or utensils are necessary for the best results in canning, preserving and jelly making, such as preserving kettle, steam cooker or large kettle, skimmer, colander, wire sieve, wooden spoon, measuring cup, sauce pan, scales for large fruits if possible, wooden masher, cheese cloth jelly bag and plenty of clean cloth or towels. The regular kitchen pans hold the fruit and sugar.

When the fruit is purchased, keep it where it will keep cool and free from dust or flies until ready to use. System will do much to lighten the work. Have the kitchen swept and dusted thoroughly with a damp cloth to keep down all dust and thus have less danger in keeping the fruit.

Have a kettle ready for sterilizing the jars and all necessary utensils and sugar at hand. Then with a moderate amount of fruit to put up at one time the work should be a pleasure.

To each quart of large fruit one pint of syrup is necessary for canning. Two-thirds of a pint of syrup for a quart of the small fruits. One pint of sugar and the same of water put over the fire, stir until the sugar is dissolved, bring slowly to the boiling point and boil five minutes or longer if desired richer. This makes a good syrup for all canned acid fruits.

A light syrup may be made from one pint of sugar and two pints of water boiled ten minutes for canning blueberries, and proceed precisely the same as for canning raspberries, cherries and currants.

Fruit syrups and fruit juices are two most desirable ways for the preservation of fruit, and are most desirable for delicious drinks, sauces, ices and ice cream. Pineapples, cherries, grapes, currants, oranges, lemons, raspberries and strawberries may all be used for this purpose. Be careful of too much boiling, as it destroys the color and flavor of the fruit juices or when made into syrup. It keeps well the entire year and should be made when fruits are seasonable and reasonable in price.

One recipe will answer for all fruit juices. They may be bottled with or without sugar. Currant juice may be sterilized and canned without sugar, making the jelly at any season of the year.

Use self-sealing bottles instead of cans.

The amount of sugar, when used for grape juice, cherries and plums is one-half pint to each quart of juice. Currants will require one pint of sugar to a quart of juice. I will give the recipe for Grape Juice and this will answer for all the given fruits as directed.

Recipe 1. **GRAPE JUICE.**

Wash the grapes and pick them from the stems. Put them into a preserving kettle—porcelain lined—crush a little, adding just enough water to prevent them from sticking. Cover and heat slowly until the grapes are soft and the juices well out. Turn into a double cheese cloth bag and drain over night. The next morning sterilize the bottles. Return the juice to the clean preserving kettle over the fire. Let come to a boil and skim. Repeat. Add the sugar and stir until dissolved. Let come to the boiling point, skim and rinse the bottles with a little alcohol, fill them and cork. Put them into the steamer or a kettle of hot water and boil them thirty minutes. Place on a wire cooler away from the draft to cool.

The only difference between the syrups and juices is that in the syrup more sugar is used.

Recipe 2. **BLACKBERRY JAM.**

Materials.	Measure.
Blackberries	1 Quart
Sugar	3 Cups

UTENSILS:

Sieve, Jelly Glasses, Porcelain Lined Kettle, Wooden Masher, Measuring Cup, Wooden Spoon

DIRECTIONS.

Heat the berries very slowly, then mash them through the sieve. Have the sugar heated in a moderate oven. Pour the blackberry juice and pulp into the kettle; bring to a boil and then add the sugar. Stir both together, boil very rapidly and watch carefully that it does not burn. Boil until it "sets or "wrinkles" when a little is taken out in a dish and placed on ice.

If you do not wish the seeds removed from the berries put them at once into the kettle; stir and crush with a wooden spoon and boil thirty minutes, then add the sugar and proceed as above. Put in small tumblers and cover tightly.

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Recipe 3. **CURRANT JAM.**

Materials.	Measure.
Currants	1 Quart
Sugar	3 Cups

UTENSILS:

Porcelain Kettle, Wooden Spoon, Jelly Glasses, Measuring Cup

DIRECTIONS.

Wash the currants and pick them from the stems; then measure the currants and sugar and let stand over night. In the morning bring them to the boiling point, stirring almost continually until finished. Test this as you would for jelly by taking a little out in a saucer and cooling on ice. If it congeals it is ready to pour into the jelly glasses and finish in the sunshine. Seal as you would jellies. Equal parts of raspberries and currants are a nice combination; and in the red

raspberry jam a half a cupful of currant juice to every quart of berries adds much to the flavor of the jam.

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Recipe 4. **RHUBARB JAM.**

Materials.	Measure.	Weight.
Rhubarb		3 lbs.
Figs		½ lb.
Orange Peel		¼ lb.
Grated Lemon and Juice	1	
Sugar		2½ lbs.

UTENSILS:

Paring Knife — Lemon Squeezer
Scales — Jelly Glasses
Porcelain Lined Kettle

DIRECTIONS.

Cut the rhubarb in inch length pieces. Take ordinary dried figs and cut in medium sized pieces; shred the orange peel and add the juice and grated rind of the lemon. Put a layer of rhubarb, figs, orange peel, lemon and sugar and repeat these layers until all is used; cover and let stand over night. In the morning boil until thick, about one hour will do. Put away in jelly glasses. This is delicious and very nice for sweet sandwiches for afternoon tea.

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Recipe 5. **STRAWBERRY JAM.**

(Also Black and Red Raspberry Jam.)

Materials.	Measure.
Strawberries	4 Quarts
Sugar	2 Quarts

UTENSILS:

Porcelain Lined Kettle — Jelly Glasses
Wooden Masher — Colander
Measuring Cup — Silver Tablespoon

DIRECTIONS.

Put the berries into the colander and dip it up and down once or twice in cold water. Drain, and hull them. Measure half the berries and empty them into the kettle, placing over a moderate fire to heat, mashing the berries well. Do not let them boil, but mash and heat until all the juices are well started. Measure and for every pint of this pulp add one pound of sugar. Put both together into the kettle and bring quickly to the boiling point, boiling rapidly and skimming until perfectly clear, which will take about fifteen minutes from the time it begins to boil. Now add the remaining two quarts of whole strawberries. Bring to the boiling point again, boil five minutes. If you wish it cooked down very thick carefully skim out the berries and cook the juice from

five to fifteen minutes. Unite the berries with this juice and put by spoonfuls into the hot sterilized tumblers and finish in the sunshine where it is free from dust, or with glass over the tops, and seal as directed.

Strawberries and grated pineapple make a delicious combination.

Black or red raspberries may be prepared in precisely the same manner as the strawberries.

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Recipe 6. SPICED CURRANTS.

Materials.	Measure.	Weight.
Currants	1 Quart	
Gran. Sugar		3 lbs.
Vinegar	1 Pint	
Ground Cloves	1 Tablespoonful	
Ground Cinnamon	1 Tablespoonful	
Ground Allspice	1 Tablespoonful	

UTENSILS:

Porcelain Lined Kettle	Tablespoon
	Scales
Measuring Cup	Wooden Spoon

DIRECTIONS.

Wash and stem the currants, then measure and arrange proportions as given. Put the vinegar into the kettle and then the sugar, stirring until well dissolved. Add the fruit and spices and boil two hours. This may boil more slowly than for jams, but must be watched and stirred often so that it does not burn nor stick.

Ripe cherries and gooseberries are delicious spiced in this manner and all are nice to serve with cold meats.

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Recipe 7. QUINCE PRESERVES.

Materials.	Measure.
Ripe Quinces	
Sugar	

UTENSILS:

Paring Knife	Scales
Porcelain Lined Kettle	Measuring Cup
	Skimmer

DIRECTIONS.

Wash and wipe the quinces. Pare, core and cut into slices, or they may be quartered. Be sure to throw each piece into cold water to prevent discoloration. Put them into the kettle and barely cover with boiling water. Simmer until tender; skim out the fruit very carefully and add the parings but not the cores to the liquid; cover and simmer one hour. Strain and to every pint of this juice allow one pint of sugar; stir until dissolved. Bring quickly to the boiling point and boil hard (if there is a quart of juice) fifteen minutes, skimming well. Now put in the quinces and boil until clear and red. It is better to keep them covered if you wish them bright in color. When the quinces are done skim out into hot sterilized jelly glasses. Boil

the juice if necessary a little longer to become thick; pour this over the fruit and stand in the sunshine to finish. Seal as directed.

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Recipe 8. SAN DIEGO ORANGE MARMALADE.

Materials.	Measure.
Oranges (Navel)	6
Lemons	3
Water	7 Cups
Sugar	

UTENSILS:

Large Bowl	Paring Knife
Shears	Wooden Spoon
Kettle	Glasses
Measuring Cup	

DIRECTIONS.

Cut off the ends of the oranges and lemons and throw away. Peel thin oranges and lemons round and round like an apple and then cut with shears very fine. Remove the white skin and cut the pulp into fine pieces. Cover the pulp and shredded peel well with cold water and let stand 12 to 24 hours. Drain, add the water and cook until reduced one inch or until the rinds are tender. Add equal amount of sugar and cook until it jellies.

Recipe 9. SMALL FRUIT JELLY.

Materials.	Measure.
Currant Juice	1 Quart
Sugar	1 Quart

UTENSILS:

Jelly Bag	Large Kettle
Masher	Skimmer
Measuring Cup	Small Glasses
Porcelain Lined Kettle	Strainer

DIRECTIONS.

Select the currants and pick over as previously directed for small fruits. Put them into the preserving kettle. Do not stem them but mash well. Place over the fire until heated and the juices well started. Put into the jelly bag and drain over night. The next morning, wash and put the glasses into the kettle with cold water and bring slowly to the boiling point ready for use. Measure the juice and for each pint or quart of juice an equal amount of sugar. Measure the juice into the kettle, put over the fire, bring to the boiling point and boil it twenty minutes, skimming often. After the juice has been boiling for about ten minutes, measure the sugar into a pan, place in a moderate oven and heat, being careful not to melt it.

When the juice has cooked the required time, add the sugar, stir until all is dissolved. If your fruit was not over-ripe and your work carefully done, the jelly will be ready to strain at once into glasses; if not, it must be cooked longer. Set in the sunshine to finish. Cover with melted paraffine, label and set away in a dark, cool closet. Grapes, raspberries and blackberries

are made in the same manner. A mixture of fruit juices always makes a pleasant variety.

For red raspberry jelly add one-third currant juice. For crab-apple jelly the addition of wild plum juice improves the flavor, or a stick of cinnamon, or even the native grape juice. Under-ripe grapes make an especially attractive jelly. Black raspberry and crab-apple, and grape and crab-apple make a nice combination.

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Recipe 10. APPLE JELLY, QUINCES OR CRAB-APPLES.

Materials.	Measure.
Lady Blush or Pippin Apples	
Juice from Apples...	1 Quart
Gran. Sugar	3 Cups

UTENSILS:

Large Kettle	Porcelain Kettle
Jelly Bag	Paring Knife
Glasses	Skimmer
Measuring Cup	Strainer

DIRECTIONS.

Wash the fruit, remove the cores and cut the apples into small pieces; put them into a large porcelain lined kettle and barely cover with cold water. Cover and boil gently until the fruit is soft and the juice is well started. Pour into the jelly bag and drain over night. The next morning wash and prepare the glasses for sterilizing as before directed. Measure the juice. Put it into the porcelain lined kettle, bring to the boiling point and boil twenty minutes. Have measured and heated three-fourths the amount of sugar that you had juice. Add the sugar to the juice as previously directed, stirring until the sugar is dissolved and it should be ready to strain at once into the glasses. If you are not quite sure, take out a little in a dish and try it by standing on ice. If it congeals or wrinkles on the top it is ready to put at once into glasses. Finish as previously directed for jellies.

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Recipe 11. MIXED JELLY.

Materials.	Measure.
Equal portions of Cherries, Red Raspberries, Currants, Strawberries, Sugar	

UTENSILS:

Jelly Bag	Porcelain Lined Kettle
Masher	Glasses
Strainer	
Measuring Cup	

DIRECTIONS.

Stone the cherries, being sure to save all juice that escapes. Mix all the fruits together and mash well. Heat only until the juices are well started and then turn the jelly bag and squeeze thoroughly. Put the juice into another jelly bag and drain without squeezing. Measure the juice and to every pint allow one pound or two cups of sugar. Turn the juice into

the kettle and if there is one quart of juice boil twenty minutes and finish the same as other jellies in preceding recipes.

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PICKLING.

(Including Watermelon, Peach, Pear, Tomato, Cucumber and Oiled Pickles and Chow Chow, Chili Sauce and Relishes.)

"Prove all things; hold fast that which is good."

(All measurements level.)

Sweet pickles are made from all fruits that can be preserved such as citron, watermelon rind, crab-apples, peaches, pears, cucumbers and many others.

Spiced fruits from currants and gooseberries are delicious with cold meats.

Good cider vinegar only should be used for pickling, brown or white sugar and the very best spices which can be bought. The housekeeper has every opportunity now under the Pure Food Law of knowing whether she has genuine spices or ground leaves. There is, or has been, so much adulteration in spices that I make this appeal to housekeepers to not buy cheap, inferior spices. The success of pickling where spices are used depends mainly upon their purity and flavor.

The syrup for the sweet pickles should be rich and thick and sufficiently cooked to keep without being sealed.

Do not use preservatives or coloring matter of any kind. Do your pickling carefully, not too much at once. Have variety rather than quantity, then there will be no failures.

Recipe 1. WATERMELON, PEACH OR PEAR PICKLES.

Materials.	Measure.	Weight.
Ground Allspice	2 Teaspoonfuls	
Cinnamon	2 Teaspoonfuls	
Cloves	1 Teaspoonful	
Mace	1 Teaspoonful	
Light Brown Sugar		4 lbs.
Cider Vinegar	1 Pint	
Green Ginger Root..		½ oz.
Watermelon Rind ..		7 lbs.

UTENSILS:

Porcelain Lined Kettle
Scales
Measuring Cup
Teaspoon
Jars
Paring Knife

DIRECTIONS.

Divide the spices in three parts and tie up in muslin bags. Put the sugar and vinegar into the kettle; add the spice bags and ginger root broken into small pieces. Bring to a boil and put in the watermelon rind cut in about two-inch-length pieces, having soaked these in a little weak alum water over night. Bring to a boil once more, remove from fire, cover and let stand in a cool place twenty-four hours. Then take out the melon rind and let the syrup again come to a boil. Add the

rind again and set away for another twenty-four hours. Do this daily for one week. The last time, bring all to a boil and simmer very gently ten minutes and put away in jars. Do not think any part of this too much trouble as results are good and you will feel well repaid for the effort, which really takes only a few minutes each day.

For pickling peaches use a fine freestone and prepare as for canning, except do not cut in halves. Pears are cut in halves.

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Recipe 2. GREEN TOMATO PICKLES.

Materials.	Measure.	Weight.
Green Tomatoes ...	1 Peck	
Whole Allspice		1 oz.
Sliced Onions	1 Dozen	
Black Pepper		1½ ozs.
Ground Mustard ...		¼ lb.
Whole Cloves		1 oz.
Mustard Seed		1 oz.
Cider Vinegar		

UTENSILS:

Large Bowl or Crock	Stone or Glass Jars
Paring Knife	Porcelain Lined Kettle
Scales	

DIRECTIONS.

Wash the tomatoes and carefully remove any spots on them. Slice, and place first a layer of tomato, then one of onion, then salt and repeat until all are used. Cover and let stand over night. In the morning drain off all the liquor or juice. Put them in the porcelain lined kettle with all the ingredients, cover with vinegar and simmer gently for twenty minutes. Put away in stone or glass jars.

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Recipe 3. CHOW CHOW.

Materials.	Measure.	Weight.
English Mustard ...		½ lb.
Tumeric		½ oz.
Mustard	2 Tablespoonfuls	
Cider Vinegar	½ Gallon	
Brown Sugar	1 Cup	
Olive Oil	½ Cup	
Cauliflower	1 Head	
Tiny Cucumbers ...	1 Quart	
Button Onions	1 Quart	

UTENSILS:

Two Stew Pans	Large Bowl
Porcelain Kettle	Wooden Spoon
Measuring Cup	Tablespoon
Scales	Jars

DIRECTIONS.

Cover the cucumbers with strong salt water and let stand over night. Boil the cauliflower and onions separately. Put the vinegar into the kettle. Mix the mustard and tumeric together and moisten them with a little cold vinegar, then stir them into the hot vinegar and stir continuously until it begins to thicken; then add the remaining ingredients and pour this while hot over the well drained vegetables. Seal in jars.

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Recipe 4. CUCUMBER SAUCE.

Materials.	Measure.	Weight.
Large Cucumbers...	1 Dozen	
Onions	¼ Peck	
Mustard Seed		2 oz.
Small Red Peppers..	1 Dozen	
Celery Seed	1 Tablespoonful	
Butter	¾ Cup	
Sugar	½ Cup	
Salt	1 Tablespoonful	
Ground Mustard ...	1 Tablespoonful	
Eggs	4	
Cream	1 Cup	
Vinegar	1½ Pints	

UTENSILS:

Food Chopper	Measuring Cup
Crock	Tablespoon
Wooden Spoon	Stew Pan
Mixing Bowl	Porcelain Lined Kettle

DIRECTIONS.

Chop the cucumbers (without paring) and onions fine in the food chopper. Put alternate layers of cucumbers and onions (salting each layer) into the crock and press over night with heavy weights. In the morning drain, scald in good cider vinegar (enough to cover), then add red peppers chopped fine, mustard and celery, stirring thoroughly, to which you will add the following dressing: Cream the butter and sugar and add the remaining seasonings, beating in the eggs one at a time; lastly add the cream. Have ready the vinegar boiling hot, stir all into it. Allow this dressing to just come to the boiling point, then stir this into the cucumber mixture and it is ready to put into jars.

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Recipe 5. OILED PICKLES.

Materials.	Measure.	Weight.
Small Pickles	100	
Ground Mustard ...		¼ lb.
Black Pepper	1 Teasp'ful	
Whole Mustard		¼ lb.
Small Onions	1 Quart	
Olive Oil	1 Pint	
Celery Seed		2 oz.
Cider Vinegar	2 Quarts	

UTENSILS:

Paring Knife	Large Bowl
Tablespoon	Measuring Cup
Teaspoon	Scales
Jars	

DIRECTIONS.

Wash and with a cloth rub the cucumbers well; peel the onions and slice both in thin slices. Put a layer of cucumbers and one of onions, then a good sprinkling of salt, then repeat the layers and salt, continuing until all is used. On top place a weight and stand over night. In the morning, drain. Put a tablespoonful of powdered alum in sufficient cold vinegar to cover the pickles and let them stand until afternoon. Drain again. Do not waste this vinegar as it can be used for other pickles. Put the cucumbers and onions into jars, mix all the remaining ingredients together, gradually adding the oil and vinegar and pour over them. Seal.

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Recipe 6. CHILI SAUCE.

Materials.		Measure.
Ripe Tomatoes	8	Quarts
Grated Horseradish	½	Cup
Salt	⅔	Cup
Celery Seed	2	Tablespoonfuls
Brown Sugar	1	Cup
Ground Allspice ...	1½	Tablespoonfuls
Mace	1	Teaspoonful
White Pepper	1	Tablespoonful
Small Red Peppers..	2	
Vinegar	1	Quart
Large Onions	3	

UTENSILS:

Paring Knife
Colander
Food Chopper
Porcelain Lined Kettle
Wooden Spoon
Wide Mouthed Bottles
Sealing Wax
Corks

DIRECTIONS.

Peel the tomatoes, cut them in halves and remove all the seeds possible; chop fine. Chop fine the onion and peppers. Mix all the ingredients well together and put in a porcelain lined kettle and simmer slowly for 2½ hours, then put into the bottles, cork and seal.

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Recipe 7. PEPPER RELISH.

Materials.		Measure.
Red Sweet Peppers.	6	
Green Sweet Peppers	6	
Onions	6	
Small Cabbage	1	
Sugar	1	Cup
Salt	2	Tablespoonfuls
Vinegar	1	Quart

UTENSILS:

Food Chopper
Preserving Kettle
Large Bowl
Fruit Jars

DIRECTIONS.

Chop all the ingredients, using the medium sized cutter. Put into the bowl, pour boiling water over all and squeeze dry. Have the vinegar hot with the sugar and salt in the preserving kettle. Mix all well together, let come to a boil, cool and seal in jars.

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Recipe 8. GENUINE LONGFELLOW PICKLES.

Materials.		Measure.
Green Tomatoes ...	1	Peck
Onions	1	Dozen
Green Peppers	4	
Sugar	2	Cups
Ground Cloves	1	Tablespoonful
Ginger	1	Tablespoonful
Cinnamon	1	Tablespoonful
Allspice	1	Tablespoonful
Mustard Seed	1	Tablespoonful
Celery Seed	1	Tablespoonful
Cider Vinegar		
Salt	¾	Cup

UTENSILS:

Vegetable Knife
Tablespoon
Large Mixing Bowl
Measuring Cup
Preserving Kettle
Glass Jars

DIRECTIONS.

Wash and slice the tomatoes, onions and peppers into a large bowl and sprinkle with salt. Stand over night; the next morning drain, and put into a preserving kettle with the spices and cover with good vinegar; cook until tender. Put away in jars, being careful not to break the slices of tomatoes.

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THE PEOPLE'S HOME RECIPES FOR EVERY-DAY USE.

"Simple diet is best for many dishes bring many diseases."

The recipes in this department have been gathered from many parts of the world and have all been carefully corrected and arranged with the view of making them the favorite recipes for every-day use in the home. Though the work is complete and covers every subject, yet special attention has been given to the simple and inexpensive dishes. This department will be found thoroughly practical and entirely different from all other cook books. The aim has been to give full and complete directions with each subject, not only that the experienced cook may use it as a guide, but also that the young and inexperienced housewife can make a practical use of the book.

BREAD MAKING.

(Including Recipes and Directions for Making White Bread, Whole Wheat Bread, Oatmeal Bread, Brown Bread, Graham Bread, Corn Bread, Currant Bread, Cornish Bread, Salt Rising Bread, Gingerbread, Etc. Also Recipes for Making all Kinds of Yeast and Baking Powder.)

"Give us this day our daily bread."

"In bread making, as in baseball, there is nothing like a good batter in the hour of knead."

As "bread is the staff of life," it is important that every housewife be well skilled in the art of making good bread. Spongy sweet bread, light crisp rolls or flaky biscuits make the plainest meal appetizing while the most luxurious dinner is a failure without them. Indeed the health and comfort of the family is often determined by the quality of the home made loaves and it is an old saying that the way to a man's heart is through his stomach. Then why should not every young woman learn this art? There is no greater accomplishment. In bread making three things are important—good flour, good yeast and good care.

FLOUR.

There is no accurate rule by which the grade of flour can be determined by examination and it is well to stick by some tried brand which has been used with success. A brand which is liked by one will be a failure in the

hands of another. Good flour has a cream-white tint and one should never buy that which has a blue-white tinge. Poor flour often has a dingy appearance as though mixed with ashes, is not adhesive, and may be blown about easily. Good flour will adhere to the hand when pressed and will show the imprint of the lines of the skin. Flour should always be thoroughly sifted. A single speck of mold will often spoil the bread. Flour should be bought in small quantities, kept dry, cool, and beyond the reach of rats, mice and insects. The small moth does much damage. Remember that all kinds of flour and meal, except buckwheat and graham, need sifting. It is well to nave a pail with a tight-fitting cover in which to keep flour after sifting until it is needed

YEAST.

After flour, the yeast is the most essential element in bread. Most people prefer yeast bread but there are some who prefer "salt-rising" bread. Many of the dry hop yeasts are good if available. Many use bakers' yeast and buy just what they need each baking. There are two advantages in using potato yeast—bread made from it will not dry out so quickly and there is not the danger that too much will spoil the flavor of the bread.

THE SPONGE.

Sponge is made from warm water or milk, yeast and flour. Some add mashed potatoes. A pint of water or milk should be used for each quart of sifted flour. The milk or water (wetting) should be at blood heat. If milk is used it should be new and first scalded to prevent souring, then cooled to blood heat. The bread will be coarse if the "wetting" is too hot. When water is used, the addition of a tablespoonful of either butter or lard will make the bread more tender. Bread made from water will keep longer and has more of the sweet taste of the wheat than that made from milk but is not so tender and nutritious. When mixed with milk it requires more flour and more kneading. In the summer the sponge should not be set before eight or nine o'clock in the evening. The sponge may be made with cold water in hot weather. In winter the batter should be mixed with water or milk at blood heat. Test it with the finger and make it as warm as can be borne; stir in the flour which will cool it enough for the yeast; cover it closely with several layers of blanket (it is best to have it in a large jar or crock) and place in a warm and even temperature. For four ordinary sized loaves, three pints of wetting and a teacup of yeast will generally make enough sponge. In making sponge, the yeast should always be added last and the sponge should not be hot enough to scald. The temperature for rising should be eighty or ninety degrees. A more uniform heat can be maintained in a crock or stone jar than in tin, hence sponge should never be set in tin.

MIXING AND KNEADING.

Early the next morning measure and sift the flour and if the weather is cold both the flour and the sponge should be warmed. A large tin dish pan with a tight fitting cover is excellent for mixing dough. It should be scalded each time it is used. Put the flour into it and for four loaves add two level teaspoonfuls of salt. Mix well but be careful not to get the dough too stiff, then turn out on the bread board; knead without stopping until the dough sticks to neither the hands nor the board. This will require from forty-five

minutes to an hour. All flour to be used should be put in at the first molding and it should be kneaded the longest at this time. Use just as little flour as necessary to prevent sticking and remember that any pause in the kneading will injure the bread. There are different ways of kneading and no precise directions can be given. Experience is the best guide. When through with the kneading, form the dough into a large loaf and again place it in the bread pan which has been sprinkled with flour. Either sprinkle the loaf with flour or grease it over with salted butter or lard, cover it closely and set in a warm place for from one to two hours, or until it rises to twice its original size; then knead down in the pan, but bread should be kneaded but little at the second molding. Form into loaves and put each into a well greased baking pan, grease the tops of the loaves with salted butter or lard and set to rise. The loaves should be molded perfectly smooth with no lumps or flour adhering to the sides. The loaves should rise in the pans for from fifteen minutes to an hour, much depending upon the temperature. Before it is entirely through rising or when it has risen enough to seam or crack it should be placed in the oven. Bread should ferment but twice as the third fermentation spoils it. This may be remedied by adding a teaspoonful of soda for each four quarts of flour but the bread will not be so good nor so healthful. Salt should always be added to bread and biscuit but never salt sponge. A small quantity of white sugar improves bread dough, providing the yeast is doubtful. Bread should be mixed as soft as it can be handled but if "new process" flour made from spring wheat is used the dough must be much harder than when winter wheat is used. Try to get the loaves into the pans for the last rising rather soft. Pans with high sides are the best for they keep the bread from spreading apart or running over the sides.

To have good baking powder biscuit the dough must be kept so soft that you can just get it into the pan. They must be baked quickly in a very hot oven. Never roll the dough thinner than an inch.

BAKING.

A moderate, uniform heat is very necessary in baking bread. If the heat is too great a hard crust is quickly formed before the bread has expanded sufficiently and it will be heavy. If the bare hand and arm can be held in the oven not longer than enough to count twenty moderately, it is hot enough. Or, it may be tested by placing a small quantity of flour in the center of the oven on an old piece of crockery; if it browns in one minute the heat is right.

To tell when the bread is done break the loaves apart and press gently with the finger; if elastic, it is done, but if clammy, it needs to be returned to the oven. Or the loaves may be tested with a broom splint. If nothing adheres when it is withdrawn the bread is done. It generally takes from forty-five minutes to an hour for the baking. As soon as removed from the oven the loaves should be taken from the pans and the entire outside greased with melted butter. They should then be tilted on edge to allow a free circulation of air, though some have success by wrapping the bread with cloth as soon as it is taken from the oven. Do not place warm bread next to wood or it will have a bad taste. Lay a cloth upon the table and put the bread on that. Pans should be greased very lightly for bread. If the bread is baked too hard wrap it in a wet towel and cover with another dry towel.

Remember that yeast must never be used if sour; the temperature where

the bread is set to rise must not be hot enough to scald; and the temperature of the oven must be moderate and uniform.

Heat the bread knife and you will prevent crumbling in cutting warm bread.

RECIPES FOR MAKING YEAST.

1. **Starter Yeast.**—In the evening boil enough potatoes to make one pint when mashed very fine. Save potato water and add enough more water to make 3 pints, then add 1 tablespoonful salt and ½ cup sugar and 1 cake compressed yeast, put in the potatoes and stir well, cover and let rise over night. In the morning save 1 pint for next baking or make fresh each time, as desired; mix stiffer with flour than with other yeast.

2. **Potato Yeast.**—In the morning, boil and mash three potatoes. Add ¼ cup of sugar and ½ cup of flour and ½ tablespoonful of salt; stir well together. Pour over this mixture ½ pint of boiling water and stir it; then add ½ pint of cold water and stir that; then ½ cup of yeast and keep it in a warm place. When it is risen well and rounds up to the top of the dish stir it down. Do so several times during the day. Then it may be strained and put into a jar or jug, and kept in a cool place. The bread made with this may be made with milk.

3. **Beer Yeast.**—For 1 gallon of yeast, take 12 medium-size potatoes, pare and boil them until done. With the water off these, scald 3 heaping tablespoonfuls of flour, 3 tablespoonfuls of sugar, and 3 scant tablespoonfuls of salt. Mix the potatoes, mashed, with this, then fill gallon with cold water. When cold enough, add 1 cake of magic yeast. Let stand in cool place. Take 1 pint of mixture for 1 loaf of bread.

4. **Hop Yeast.**—Take 1 quart of hops, boiled and strained, 1 cup of sugar, ½ cup of salt, ½ cup of lard, 2 large tablespoonfuls of ginger, 4 potatoes boiled and mashed and enough yeast to raise it. Let stand over night, then mix enough flour and corn meal to make crumbly.

BAKING POWDERS.

1. **Baking Powder.**—Four ounces tartaric acid, 5 ounces bulk soda, 1 pint flour; sift all together four times.

2. **Baking Powder.**—A scant pint of flour, ½ pound of soda and 1 pound of best cream of tartar. Sift together eight times through a flour sieve. Fill tin boxes and cover tightly.

The lady sending this recipe says she has used it for years and that it never fails. It is pure and the money you save will be a surprise to you.

3. **Baking Powder.**—Six ounces cream of tartar, 2⅔ ounce bi-carbonate of soda, 4½ ounces of flour. It is claimed this is the recipe from which is made one of the most popular brands of baking powder on the market.

BREAD RECIPES.

1. **Bread.**—Cook potatoes enough to make one cup when mashed; use the water the potatoes were boiled in and add enough lukewarm water to make three pints; add one tablespoonful of salt and one tablespoonful of sugar, one-half cup of liquid yeast and thicken quite stiff with flour. Let sponge rise all night in warm place; in the morning add flour enough to make stiff. Put in a warm place until light. Knead into loaves, using some lard on the molding board but no flour. Let rise and bake.

2. **Whole Wheat Bread.**—In the evening boil enough potatoes to make one pint when mashed fine. Save three pints potato water and add to it the potatoes, one-half cup sugar and one tablespoonful of salt; add one cake compressed yeast, stir well and let rise over night. In the morning add enough warm water to make required number of loaves; add a little more salt and a little lard. Stiffen with whole wheat flour and add about two quarts white flour, work down twice, then mould into loaves, let rise and bake one hour.

3. **Entire Wheat Bread.**—Sift some salt and three teaspoonfuls baking powder with three cups entire wheat flour, then add two cups milk and a scant one-quarter cup of molasses.

4. **Salt Rising Bread.**—In the evening take three tablespoonfuls of cornmeal, one-half spoonful of sugar, one-half spoonful of salt, one-half of a raw potato scraped fine, and scald with enough water to make quite a thin mush; set in a warm place until morning; then take a pint of flour, one-half teaspoonful of salt, and enough lukewarm water to make a thick batter; then add the mush made the night before, and stir briskly for a minute or two. Set in warm place; when light, stir down and let rise a second time. When risen, put four or five quarts of flour in a bread bowl, make a hole in the center, and pour in three pints of warm water. Then add your rising; knead, and when light mix in loaves. When risen to top of pan, bake. This will make three loaves.

5. **Oatmeal Bread.**—Scald one cup of rolled oats with one pint of water and let stand until lukewarm; add to this a little salt, one-half cup of Orleans molasses and one-half cake of compressed yeast, which has been previously dissolved in one teacup of lukewarm water. Add enough white flour to make a stiff dough and knead thoroughly. Let stand over night and the first thing in the morning cut and slash with a knife until the dough is freed from air; when risen again, form into two loaves, place in baking pan and let rise until the size is about double, and then bake.

6. **Spinster's Bread.**—Two eggs, one quart of flour, two tablespoonfuls of shortening, one teaspoonful of salt, one teacupful of yeast sponge, one cup of sweet milk. Mix into a soft dough, let rise; mould into loaves, let rise until light, then bake.

7. **"Hotel Berry" Brown Bread.**—Use one and one-half pints of buttermilk, one-half pint of molasses, two teaspoonfuls of soda, one tablespoonful of lard and enough Graham flour to make a batter that will just drop from a spoon. Put in a very hot pan and bake in a hot oven.

Those who have stopped at the Hotel Berry at Athens, Ohio, have eaten this delicious brown bread. We are exceedingly fortunate in securing this recipe.

8. **Boston Brown Bread.**—Two cups of Graham flour, 2 cups of white flour, 1 cup of corn meal, 1 tablespoonful of butter, 2 eggs, 1 cup of molasses, 1 box of raisins, 1 large spoonful of sugar, 2¼ cups of buttermilk, 2 teaspoonfuls of soda. This recipe comes from the Mercer Sanitarium.

9. **Old Fashioned Brown Bread.**—Put 1 pint of yellow corn meal in a mixing bowl and scald it with just enough boiling water to moisten it. Let this stand about 10 minutes, then add enough cold water to make a soft batter. When lukewarm add ½ cup molasses, ½ cup liquid yeast, 1 teaspoonful soda, ½ teaspoonful salt and 1 pint warm flour. Stir well and let rise over night. Next morning stir it down again and put into well greased tins to rise. Bake in a moderate oven 2 hours.

10. **Steamed Brown Bread.**—One cup of corn meal, 1 cup of flour, 2 cups of graham flour, 2 eggs, 1 cup of molasses, 1 teaspoonful of soda. Wet this mixture with sweet milk to make a thin batter, steam 3 hours.

11. **Graham Bread.**—One cup of potato yeast sponge, 3 (iron) tablespoonfuls of molasses, 1 tablespoonful of butter, 1 teaspoonful of salt, 1½ cups of graham flour, 1½ cups of white flour. Stir well together at night; let stand until morning, or until light and then put in a pan and let rise again; then bake 45 minutes.

12. **Raised Graham Bread.**—To 3 pints of light bread sponge add ½ cup melted butter or lard, 2 tablespoonfuls sugar and enough graham flour to make a thick batter. Put into small greased tins, let rise and bake slowly. This is enough for three loaves.

13. **Steamed Graham Bread.**—To 2 cups of buttermilk add 2 large tablespoonfuls sugar, 1 teaspoonful soda, 3 cups flour and a pinch of salt; steam 1½ hours and bake until light brown. If wished, a little less graham flour may be used and a little white flour added.

14. **Corn Bread.**—One tablespoonful of sugar, 1 egg, 1 teaspoonful of salt, 1 tablespoonful of melted butter or lard, 2 cups of buttermilk, 1 level teaspoonful of soda dissolved in a little of the milk; ½ cup of flour. Thicken with meal and bake in a greased pan.

15. **Katahdin Corn Bread.**—One and one-half cups of sweet milk, 1 or 2 eggs, 3 scant cups of flour, 1¼ cups of cornmeal (granulated); 1 large spoonful of granulated sugar, 3 heaping teaspoonfuls of baking powder, 1½ teaspoonfuls of salt, 4 tablespoonfuls of melted butter. Beat egg well, stir in the milk; sift flour, baking powder, meal, salt and sugar together, and stir slowly in egg and milk; add melted butter and beat well. Bake ½ hour in hot oven.

16. **Fried Bread.**—Cut dry bread into small pieces and moisten with a little hot water. Take 4 eggs for about 3 pints of bread. Beat eggs and stir in bread. Fry in butter or lard. Very nice when eaten with syrup.

17. **Currant Bread.**—Take bread dough when ready for pans. For each loaf wanted take ½ box of currants, 1 cup of sugar and lard the size of an egg. Use more flour if needed to make stiff. Mix into loaves and let rise until light. Bake in a slow oven from 1 to 1¼ hours.

18. **Cornish Bread.**—One cup of sugar and 1 tablespoonful of lard; pour a cup of boiling water over a pinch of saffron and when a little cool strain and pour into the bread sponge; wash ⅔ cup of currants and add to the mixture; make as other bread. This is for four loaves.

19. **Gingerbread.**—One cup molasses, 1 cup butter or ½ cup each of butter and lard, 1 cup sour milk, 1 good teaspoonful of soda or a little more, 1 teaspoonful ginger, 1 egg, flour enough to make a nice batter; bake in a quick oven.

20. **Soft Gingerbread.**—One cup of sour milk to 3 cups of sugar, 1 cup molasses, 2 teaspoonfuls of cinnamon, 1 teaspoonful of ginger, 1 teaspoonful of baking soda, 1 tablespoonful of vinegar, 2 tablespoonfuls of lard, pinch of salt, 2 cups of flour; mix molasses, sugar and milk; sift flour and spices together; dissolve soda in vinegar; stir the lard in boiling hot at the last.

21. **Eggless Gingerbread.**—One-half cup of brown sugar, 1½ cups of molasses, ½ cup sweet milk, ½ cup butter, one teaspoonful soda, 1 teaspoonful allspice, ½ teaspoonful of ginger, 3 cups of flour.

LIGHT BREADS.

(Including Rolls, Biscuits, Sandwiches, Cookies, Fritters, Doughnuts, Gems, Muffins, Waffles, Corn Cake, Buns, Dumplings, Crullers, Jumbles, Toasts, Crackers, Rusks, Scotch Scones, Griddle Cakes, Etc.)

"O, weary mothers mixing dough,
Don't you wish that food would grow?
Your lips would smile I know to see
A cookie bush or a pancake tree."

ROLLS.

1. **Rolls.**—Scald 1 pint of sweet milk and stir into it a lump of butter the size of an egg, and ½ cup of sugar; when cool stir into this two quarts of flour, a small cup of good yeast and 1 teaspoonful of salt, and set to rise over night or until it is very light; then knead and let rise again; cut the rolls ½ inch thick; shape round; spread over each a little melted butter and double over so the roll is a half circle. Place close in the pan; let rise again very light and bake.

2. **Parker House Rolls.**—Scald 1 pint of milk and when lukewarm put in ½ cup of butter or lard, ½ cup of sugar, and 1½ teaspoonfuls of salt. When cool, thicken as bread sponge and put in ¾ of a cake of yeast. Let rise over night; then mix but do not make it as thick as bread dough; let rise again; then knead and roll in sheets; cut with biscuit cutter; butter the surface and fold; let rise and bake.

3. **Astor House Rolls.**—One pint of sweet milk boiled, and while still warm put in a lump of butter the size of an egg, a little salt, two tablespoonfuls of sugar and ½ cake of compressed yeast; when light mold 15 minutes, let rise again, roll out and cut in round cakes; spread each half with butter and fold over on the other half; put into pans and when light bake in a quick oven.

4. **Cinnamon Roll.**—Take a small loaf of light bread dough, 1 tablespoonful of lard, sweeten, roll thin, spread with butter, sprinkle with sugar and cinnamon, and roll up in loaf; when light, glaze with beaten egg. Bake in a moderate oven.

5. **French Rolls.**—Rub 2 ounces of butter and the well-beaten whites of three eggs into one pound of flour; add a tablespoonful of good yeast, a little salt and enough milk to make a stiff dough; cover and set in a warm place till light; cut into rolls and dip the edges into melted butter to keep them from sticking. Bake in a quick oven.

BISCUITS.

"Keen appetites and quick digestion wait on you and yours."

1. **Soda Biscuit.**—Sift a level teaspoonful of soda and ½ teaspoonful of salt with 1 quart of flour and rub into it a piece of lard about the size of a small egg and then add a pint of sour milk. Bake in a quick oven.

2. **Breakfast Biscuit.**—Take 1 pint of sweet milk, ¼ cup melted lard or butter, a little salt, 1 tablespoonful baking powder and flour enough for a stiff batter. Drop from the spoon into greased tin and bake in a hot oven.

3. **Southern Beaten Biscuit.**—One quart of flour, a pinch of soda the size of a pea, ½ cup of sweet milk, ½ cup of ice water, 1 teaspoonful of salt, 2 heaping tablespoonfuls of lard; mix to a stiff dough and beat until it blisters and pops. The success depends upon the length of time it is beaten.

4. **Baking Powder Biscuit.**—One quart of flour, 1 teaspoonful of salt and two teaspoonfuls of baking powder sifted together, 1 tablespoonful of lard, thoroughly rubbed into the flour. Mix as soft as can be handled, with sweet milk. Roll into sheets ¾ of an inch thick; cut with small biscuit cutter and bake in hot oven about 15 minutes.

SANDWICHES.

"Bad dinners go hand in hand with total depravity, while a properly fed man is already half saved."

1. **Ham Sandwiches.**—Put 2 small pickles and 1 pound of cold boiled ham through a meat cutter; add a dash of pepper, a tablespoonful of mixed mustard and 2 tablespoonfuls of melted butter; mix thoroughly, spread on thin slices of buttered bread, lay over top slices and cut into squares or fancy shapes.

2. **Chicken Sandwiches.**—Take the meat of one well cooked and seasoned chicken and chop it very fine. Melt 2 tablespoonfuls of butter in a frying pan or skillet and when it begins to bubble add 2 tablespoonfuls of flour, stir and cook—not brown; then add 2 cups of sweet milk. After stirring until smooth and hot, add the chicken and ½ tablespoonful of curry powder and 2 dashes of paprika (quantity depending on size of chicken). After all is well warmed, set aside to cool, then spread thick on a slice of buttered bread; over this sprinkle a teaspoonful of finely chopped nuts, then lay on top another slice of bread.

3. **Apple and Celery Sandwiches.**—Chop very fine ½ dozen of the small inside stalks of celery and 2 large tart apples and sprinkle lightly with salt and then spread between thinly cut slices of buttered bread.

4. **Club Sandwiches.**—Cut three thin slices of bread and then toast and butter them; place a lettuce leaf on the lower slice, on top of this a piece of boneless cooked chicken, well seasoned; then another slice of buttered toast; on top of that another lettuce leaf, topped with thin slices of hot breakfast bacon, and on this the third slice of toast; on top of this last slice of bread lay strips of pickle cut lengthwise; the bread and bacon should both be hot.

5. **Nut Sandwiches.**—Take some chopped, roasted and salted peanuts; mix with mayonnaise, to spread easily; or, very finely chopped English walnuts may be used instead of the peanuts. Spread on buttered whole wheat bread.

6. **Sweet Sandwiches.**—Blanch and chop very fine 1 lb. of almonds and add 1 tablespoonful of orange flower water or rose water, the beaten white of an egg, 1 tablespoonful of sugar. Mix and spread on buttered bread.

7. **Salmon Sandwiches.**—Chop fine a bit of salmon and sliced cucumber pickle, pour a little melted butter over it, dust with paprika and salt and spread on buttered bread.

8. **Nut and Cheese Sandwich.**—Take equal parts of English walnuts (pounded to a meal) and grated cheese and moisten with thick cream. Season to taste and spread on bread.

9. **French Sandwiches.**—Mash 2 hard boiled eggs very fine to a paste;

add 1 Neufchatel cheese and mash together; then add a dash of cayenne pepper, a tablespoonful of onion juice and 3 Spanish peppers.

10. **Pimentos.**—Make the following mayonnaise dressing: 1 egg, well beaten; add sugar and salt to taste, a lump of butter, 1 tablespoonful of flour and some vinegar; boil until it thickens; then beat and when cold add a little sweet cream. Cut the pimentos in small bits, add mayonnaise and mix all together and spread on buttered bread. Cut in any form desired.

11. **Egg Sandwiches.**—Grate hard boiled eggs upon two slices of buttered bread, sprinkle with pepper and salt and put the two slices of bread together.

COOKIES.

Now good digestion wait on appetite, and health on both.—*Shakespeare.*

1. **Crisp Chocolate Cookies.**—Two cups of sugar, 1 cup of butter, 1 egg, 1 cup of sour cream, 1 teaspoonful of soda; mix with flour in soft dough; add either cocoa or chocolate, according to taste. Roll thin and bake in moderate oven.

2. **Fruit Cookies.**—Beat three eggs, light; add 1½ cups of sugar, 1 cup of butter, 1 cup of molasses, 1 cup of sweet milk, 2 teaspoonfuls of soda, 1 teaspoonful each of ginger, cloves and cinnamon, 1 cup of seeded raisins and flour enough to make a stiff dough.

3. **Crumb Cakes.**—Take three-fourths pint of lard, a pinch of salt, 1 pint of sugar, a little cinnamon, 3 pints of cake crumbs, 1 pint of Orleans molasses, 1 pint of cold water, 1 teaspoonful of soda and enough flour to roll.

4. **Taylor Cakes.**—One cup of sugar, 1 cup of molasses, 1 cup of sour cream, 1 teaspoonful of soda, butter the size of an egg, 3 eggs, spices to taste, 4 cups of flour; drop on pan with spoon; sprinkle with sugar and bake.

5. **Ginger Drop Cakes.**—Take one cup each of molasses, sugar, shortening and sour milk; 3 eggs; 1 teaspoonful each of soda, ginger, cinnamon and cloves; flour enough to make a stiff batter. Bake in gem pans.

6. **Mother's Caraway Cookies.**—Two cups of sugar, 1 cup of butter, 4 tablespoonfuls of milk, 1 egg, 1 teaspoon very full of soda dissolved in 2 spoonfuls of milk. Add a handful of caraway seed. Knead hard as possible; roll thin and bake. Good without the caraway and will keep a month if the children will consent.

7. **Oatmeal Cookies.**—One cup of shortening, lard and butter; 2 eggs; 1⅓ cups of sugar; 1 teaspoonful of soda dissolved in a little water, just enough to dissolve the soda; 1 teaspoonful of cinnamon; 6 tablespoonfuls of sweet milk; 1 cup of seeded raisins, chopped; 3 cups of oatmeal, or rolled oats; 1 cup of flour, or enough to make a soft dough.

8. **Scotch Cookies.**—Beat 1 cup of butter with 2 cups of sugar; add ½ cup of milk in which has been dissolved 1 teaspoonful of soda; beat 2 eggs—whites and yolks—separately; mix 2 teaspoonfuls of cream of tartar with ½ lb. of flour, 1 teaspoonful of powdered cinnamon; mix together, adding more flour from time to time; roll and bake quickly.

9. **Nut Cookies.**—Six tablespoonfuls of melted butter, 8 tablespoonfuls of sugar, 4 tablespoonfuls of milk, 2 eggs, 2 teaspoonfuls of baking powder, and flour to thicken. Stir the butter into the sugar; beat eggs light, and add them to butter and sugar; stir well; then add milk. Sift the powder with a

little of the flour and then add a good glass of nut meats; add enough flour to roll well.

10. **Hermits.**—Take one and one-half cups of brown sugar, 1 cup of butter, 1 cup of chopped raisins, 1 cup of chopped nuts, 1 teaspoonful of cinnamon and 1 teaspoonful of soda dissolved in ½ cup of hot water. Then flour enough to mix like fruit cake. Drop in buttered pans and bake in moderate oven.

11. **Molasses Cookies.**—One cup of molasses, 1 teaspoonful of soda beaten in 2 cups of sugar, 1 cup of butter, ⅔ cup of sour cream, 3 well beaten eggs, 1 teaspoonful of ginger, 1 teaspoonful of cinnamon, ½ teaspoonful of salt, and flour to make soft dough; bake in a quick oven.

12. **Drop Ginger Cakes.**—Take one cup of sugar, 3 cups of flour, 1 cup of molasses, 1 cup of boiling water, ¾ cup of butter, 2 eggs, 1½ teaspoonfuls of soda, 1 teaspoonful of ginger, ½ teaspoonful of cinnamon, and a little grated nutmeg.

13. **Ginger Snaps.**—One cup each of sugar, molasses and butter, boiled together; when cool add 1 egg, 1 teaspoonful each of ginger, cinnamon and soda; flour to make a soft dough; roll very thin and bake in a quick oven.

14. **Ginger Cookies.**—(Without eggs or butter.) One-half pint of warm water, 1 pint of molasses, 1 cup of lard, 1 scant tablespoonful of soda, 1 tablespoonful of ginger, ½ teaspoonful of baking powder, 1 cup of sugar; put one-half of the sugar in cookies and use rest to sprinkle on top before baking.

15. **Boston Cookies.**—Cream one cup of butter with 1½ cups of sugar, add 3 eggs, dissolve 1 teaspoonful of soda in 1½ tablespoonfuls of hot water and add to the mixture; then to 3¼ cups of flour add 1 teaspoonful of cinnamon, ½ teaspoonful salt; add part of flour to mixture, then 1 cup of chopped walnuts, ½ cup of raisins and ½ cup of currants; then add rest of flour; drop from a spoon on greased pan and bake in a moderate oven.

16. **Lemon Drops.**—One cup granulated sugar, 2 ounces or 1 tablespoonful butter, ½ cup sweet milk, 2 cups flour, 2 eggs, a pinch of salt; flavor with lemon and drop on buttered pan.

17. **Rocks.**—One cup of butter, 2 cups of brown sugar, 1 teaspoonful of baking soda, ⅓ cup of hot water, 3 eggs beaten together, 1½ cups of raisins or currants, 1½ cups of English walnuts, 3 cups of flour, 1 teaspoonful of cinnamon; drop on pans and bake in quick oven.

18. **Peanut Cookies.**—One-half cup of lard, 2 cupfuls of brown sugar, 1 cup of milk, 2 eggs, 2 teaspoonfuls of baking powder, 1 cup of ground peanuts, flour enough to make a good cake batter; roll thin; cut into cookies; bake in quick oven.

19. **Cream Cookies.**—Two eggs, 1 cup sour cream, 1 cup butter, 2 cups sugar, 2 level teaspoonfuls soda.

20. **Lemon Cookies.**—Two and one-half cups sugar, 1 cup lard, 1 teaspoonful salt, 1 pint milk, 5 cents worth oil of lemon, 3 cents worth bakers' ammonia dissolved in the milk. Delicious.

21. **Cornstarch Cookies.**—Two teacups sugar, 1 teacup butter, 1 teacup sour cream, 1 teacup cornstarch, 2 eggs, 1 teaspoonful soda, flour sufficient to thicken; drop from spoon on greased tins and bake.

22. **Cookies.**—Two eggs, 1 cup sour cream, 1 cup butter, 2 cups sugar, 2 teaspoonfuls soda, and sufficient flour to roll out.

23. **Oatmeal Macaroons.**—Take 2½ cups oatmeal, 1 cup brown sugar, 1 teaspoonful baking powder, 1 even teaspoonful butter, 1 teaspoonful vanilla,

2 eggs, beaten separately, putting in the well beaten whites last. Invert a heated granite baking pan and with a fork drop the mixture on the bottom about the size of a walnut and allow room to spread. Bake quickly in hot oven.

24. **Mince Crisp Cookies.**—One cup butter, 2 cups sugar, 3 well-beaten eggs, large spoonful of milk, 2 teaspoonfuls of baking powder, enough flour to make quite stiff dough; flavor with lemon or nutmeg. Brush tops with milk and sugar.

25. **Cookies (Mother B's).**—Two eggs, 2 cups granulated sugar, ¾ cup butter, pinch of salt; mix; 1 teaspoonful soda in ½ cup sour milk; add flour to make a batter just thick enough to roll rather thin.

FRITTERS.

1. **Potato Fritters.**—One pint of boiled and mashed potato, ½ cup of hot milk, 3 tablespoonfuls of butter, 3 spoonfuls of sugar, 2 eggs, 1 teaspoonful of salt, a little nutmeg. Add the milk, butter, sugar and seasoning to the mashed potato, and then add the eggs well beaten; stir until very smooth and light, spread about ½ inch deep on a buttered dish and set away to cool; when cold, cut into squares, dip in beaten egg, and then in bread crumbs, and fry brown in boiling fat; serve immediately.

2. **Corn Fritters.**—One pint of cooked sweet corn, cut from cob, or canned corn may be used, ½ cup sweet milk, 1 well beaten egg, 1 teaspoonful of salt, 1 teaspoonful of sugar, 1 small cup of flour, 1 teaspoonful of baking powder. Drop in hot lard or butter, and fry a nice brown.

3. **Fried Cream Fritters.**—One-half cup sugar, 1 quart sweet milk, 1 cup flour; take 1½ pints of milk and put on stove with sugar; wet the flour with the remainder of milk, and cook until quite thick. Pour into jelly pans that have been dipped in cold water, let stand until cold, then cut in 2-inch squares, dip in egg, then in cracker crumbs, and fry in hot lard as for doughnuts, a light brown. Serve hot with maple syrup.

4. **Oyster Fritters.**—Take as many oysters as you want fritters, and wipe them dry. Make a batter as follows: one egg, well beaten; add to it one cup of milk, ½ teaspoonful of salt, 1 pint of flour, and 1 heaping teaspoonful of baking powder. Dip oysters one by one in the batter and when the fat is smoking hot, drop them in and fry brown. Serve hot.

5. **Rice Cakes.**—One large cup of boiling rice, 3 eggs beaten separately, 1 level tablespoonful sugar, a little salt; beat thoroughly, and drop from a spoon into a well buttered hot skillet.

6. **Corn Fritters or Mock Oysters.**—Grate the corn from ½ dozen ears of sweet corn or cut it from the cobs and run through a vegetable chopper; add 3 tablespoonfuls of sweet milk or cream, 1 teaspoonful salt, 1 egg, 1 teacup flour. Drop in hot lard and brown both sides. Make the size of an oyster. Make a plenty for they will all be eaten.

DOUGHNUTS.

"The true essentials of a feast are only fun and feed."—*O. W. Holmes.*

1. **Doughnuts.**—

"One cup of sugar, one cup of milk,
Two eggs beaten fine as silk,
Salt and nutmeg (lemon will do),
Of baking powder teaspoons two,

Lightly stir the flour in,
Roll on pie board not too thin;
Cut in diamonds, twist or rings,
Drop with care the doughy things
Into fat that briskly swells
Evenly the spongy cells;
Watch with care the time for turning,
Fry them brown just short of burning;
Roll in sugar, serve when cool.
Price a quarter for this rule."

—Hazel A. Marquis.

2. **Improved Fat for Frying Doughnuts, Croquettes, Etc.**—Fry out carefully 2½ lbs. of beef suet, add 1 lb. of fresh lard. After using, strain and put in small bucket and cover; may be used a number of times.

3. **Raised Doughnuts.**—Scald 1 pint of milk and pour over ½ cup of lard and 1 cup of sugar. Add 1 cup of yeast and flour to make a stiff batter and let rise over night. In the morning add 1 egg and work in flour the same as mixing bread. Let the dough rise, cut out doughnuts, rise again and fry.

4. **Snow Balls.**—Two eggs, 1 cup sugar, 4 tablespoonfuls milk, 1 teaspoonful cream of tartar, ½ teaspoonful soda, flour enough to roll into balls; fry in hot lard, dip in white of egg, and roll in fine white sugar.

5. **Fried Cakes.**—One egg, 1 cup sugar, 2 cups sour milk, 1½ teaspoonfuls lard, 2 teaspoonfuls soda.

6. **Doughnuts (Fine).**—Two eggs, 1 cup sugar, 1 cup sour milk, good pinch of nutmeg, level teaspoonful soda in milk, butter almost as large as walnut, pinch of salt, flour to roll ½ inch thick.

GEMS.

1. **Graham Gems.**—One cup of sweet milk, 2 tablespoonfuls of melted butter, 1 egg, 3 teaspoonfuls baking powder, a little salt and 2½ cups of graham flour. Bake slowly in gem pans.

2. **Corn Gems.**—One cup of corn meal, 2 cups of flour, 1 cup of sweet milk, ½ cup of sugar, ⅔ cup of butter, 2 eggs, 4 teaspoonfuls baking powder, a pinch of salt. Bake in a quick oven.

3. **Wheat Gems.**—Three cups flour, 3 tablespoonfuls sugar, 3 teaspoonfuls baking powder; stir well; add 1 well-beaten egg, 4 tablespoonfuls melted lard, 1½ cups of sweet milk or water.

MUFFINS.

1. **Muffins.**—Two eggs, a pinch of salt, 2 tablespoonfuls melted butter, 2 teaspoonfuls baking powder, 1 cup milk, enough flour to make a stiff dough; drop in muffin tins; bake in quick oven.

2. **Corn Muffins.**—One-half cup of butter or lard, 2 eggs, ¾ cup of sugar, 1 cup of sweet milk, 2 cups of sifted flour, 1 cup of corn meal, 4 teaspoonfuls of baking powder, ½ teaspoonful of salt; beat thoroughly and bake quickly.

WAFFLES.

1. **Waffles.**—Three eggs beaten separately, 1 quart of buttermilk, piece of butter the size of a walnut, pinch of salt, 1 teaspoonful of baking soda, flour to thicken. Mix buttermilk, salt, melted butter and yolks; then add

soda which has been moistened with a little of the buttermilk; then add flour, and lastly the beaten whites. Bake in waffle irons.

CORN DODGERS—CORN PONE—CORN CAKE.

1. **Corn Dodgers.**—Place 2 cups of corn meal in a bowl and pour over it enough boiling water to scald and moisten it. Stir it while pouring the water on; while hot add 1 tablespoonful of shortening; when cold add 1 beaten egg, 2 tablespoonfuls of milk and 1 teaspoonful of salt. Bake in gem pans or on the griddle.

2. **Corn Cake.**—Two eggs beaten light; add 1 cup sugar, ¼ cup butter; beat light; add 1 cup milk; sift together 2 cups cornmeal, 1 cup flour, 3 teaspoonfuls of baking powder and a small teaspoonful of salt; add to mixture and bake in a moderate oven.

3. **Corn Pone.**—Two eggs, ½ cup of shortening, 1¼ cups of sugar, 1 cup of corn meal, 2 teaspoonfuls baking powder and milk to make light cake batter. Bake in slow oven.

BUNS.

1. **Currant Buns.**—Beat 1 egg into a cup and fill with sweet milk; mix with it ½ cup of yeast, 1 cup of sugar, ½ cup of butter, enough flour to make a soft dough. Let rise until very light; then mold currants into buns; let rise a second time in pan; before baking glaze with a little molasses or sugar and milk.

2. **Buns That Boys Like.**—To about as much light bread dough as for a loaf of bread, at the stage that it is light and ready for the pans, add ½ cup of lard or butter, ½ cup of sugar, 1 egg, ¾ pint of warm water. Mix all to a smooth paste; thicken with flour; let rise; form into small biscuits; let rise and bake. This brings them just right for the evening meal; if wanted for midday dinner, use 1 quart of sponge in place of the dough.

DUMPLINGS.

1. **Drop Dumplings.**—One small cup of sweet milk or water, 1 egg, 1 teaspoonful of baking powder, flour enough to make drop batter. Very good for meat stews of any kind.

2. **Always Light Dumplings.**—To each cup of sifted flour, sift in 1 heaping teaspoonful of baking powder; salt to taste; wet with cold water and drop onto meat and bones; cover the kettle and cook 20 minutes.

3. **Chicken Dumplings.**—One cup sweet milk, 1 egg well beaten, 1 pint sifted flour, ½ teaspoonful of salt, 1 tablespoonful of baking powder; stir all well together and drop the batter, a spoonful at a time, into chicken or beef broth just checked from boiling. Let boil 15 minutes. These dumplings are very nice.

CRULLERS.

1. **Crullers.**—Dissolve 1 teaspoonful of soda in 4 tablespoonfuls of milk, or leave out one of milk and substitute 1 of wine. Strain it into ½ pint of flour and 4 tablespoonfuls of melted butter or lard. Beat 4 eggs with 6 heaping tablespoonfuls of sugar; work them into the rest of the ingredients; add flour to make stiff enough to roll out, then cut and fry in hot lard; flavor with grated nutmeg.

JUMBLES.

1. **Jumbles.**—One cup of butter, 2 cups of sugar, ⅔ cup of sour cream, 3 eggs, 1 teaspoonful of salt and a little nutmeg; flour to make soft dough. Bake quickly.

2. **Favorite Jumbles.**—One cup of butter, 2 cups of sugar, 1 cup of sweet milk, 4 cups of flour, 3 eggs and 3 teaspoonfuls of baking powder. Mix thoroughly and drop on buttered tins with a large spoon; sprinkle with sugar before baking.

TOASTS.

1. **American Toast.**—To 1 egg thoroughly beaten, add a little salt and 1 cup of sweet milk. Slice light bread and dip into the mixture, allowing each slice to absorb some of the milk; then brown on a hot buttered griddle. Serve very hot.

2. **Good Toast.**—Spread thin slices of light bread with butter, then cover with sugar; grate a little nutmeg and put a tablespoonful of cream on each slice; brown in the oven; serve hot.

3. **Dry Beef Toast.**—One-half cup chopped beef picked in fragments and 1 heaping tablespoonful butter; put in saucepan and when hot add 2 cups sweet milk; let it boil, then put in 3 well beaten eggs and pepper to taste. Toast thin slices of bread, dip them in hot salted water, arrange on a platter and pour over them the beef gravy. Horseradish may be served with this, or apple jelly, or currant jam.

CRACKERS.

1. **Graham Crackers.**—Two teaspoonfuls of baking powder, ¾ cup brown sugar, ½ cup of shortening, 1 quart of graham flour, salt to taste. Wet with milk; roll into thin cakes, using white flour for rolling out.

RUSKS.

1. **Children's Rusks.**—Make soft sponge of 1 pint of milk, ½ cake of compressed yeast dissolved in lukewarm water, and sifted flour. Let rise over night. In the morning add ½ cup of melted butter, 1 teaspoonful of soda, 1 egg and a little salt. Flavor with cinnamon. Sift in flour enough to make a firm dough. Mold into rolls, place in pans, let rise again and bake in a quick oven. When done, dampen the tips slightly and sift on some powdered sugar.

SCOTCH SCONES AND APPLE KOKER.

1. **Scotch Scones.**—Sift together 1 quart of flour, ½ teaspoonful of salt, 1 teaspoonful of sugar and 2 heaping teaspoonfuls of baking powder; rub in 1 large tablespoonful of butter, cold; add 2 beaten eggs and nearly ½ pint of sweet milk; mix into smooth dough; knead quickly and roll out to ⅓ of an inch in thickness; cut out with knife into squares about the size of soda crackers; fold each cornerwise, to form triangles; place in pan and brush over with egg and milk; bake 10 minutes in hot oven.

2. **Apple Koker.**—To 1 beaten egg add 1 cup of sweet milk and one tablespoonful melted butter; thicken with 2 heaping cups flour with 2 teaspoonfuls baking powder; spread on pans; put quartered apples thick over the top and sprinkle with sugar, cinnamon or nutmeg. Put on a few small bits of butter and bake. Serve warm with cream.

GRIDDLE CAKES.

1. **Griddle Cakes.**—One quart of sour milk, a pinch of salt, 1 egg, 1 teaspoonful soda and flour to make of right thickness.

2. **Corn Meal Griddle Cakes.**—Take one pint of either sour milk or buttermilk, one pint of corn meal, one egg, one teaspoonful salt, one teaspoonful soda. Bake on a griddle.

3. **Graham Griddle Cakes.**—Half a pint of corn meal, half a pint of flour, one pint of Graham flour, one heaping teaspoonful sugar, half a teaspoonful salt, one egg, one pint buttermilk, one teaspoonful soda.

4. **Buckwheat Cakes.**—One quart of lukewarm water, 3 tablespoonfuls of flour, 3 tablespoonfuls of corn meal, 1 heaping teaspoonful of salt, ½ cake of yeast or ½ cup of liquid yeast, and buckwheat to make a batter thin enough to pour. Let rise over night; in the morning stir well and add 2 tablespoonfuls of molasses and ½ teaspoonful of soda dissolved in hot water; bake on hot griddle. Save enough batter to raise another mixing instead of using new batter.

5. **Egg Pancakes.**—Two cups of flour, 1 teaspoonful of sugar, ½ teaspoonful of baking powder, 2 eggs well beaten, enough milk to make a thin batter. Bake on a hot griddle.

6. **Potato Cakes.**—Two cups of cold mashed potatoes, ½ cup of flour, ⅔ cup of milk, 3 eggs, 2 teaspoonfuls of baking powder, salt and pepper to taste; stir the beaten yolks and milk into the potato, then the flour and baking powder sifted together; beat thoroughly, and lastly fold in the well beaten whites; bake on a well buttered griddle.

CAKE MAKING.

(Including Recipes and Directions for Making All Kinds of Cakes, Frostings, Icings and Fillings.)

Aye, to the leavening, but here's yet in the word hereafter the kneading, the making of the cake, the heating of the oven, and the baking. Nay, you must stay the cooling, too, or you may chance to burn your mouth.—*Shakespeare.*

GENERAL DIRECTIONS.

Only the best of materials should be used for cake. The pans for baking should be perfectly clean and free from odor and should not be used for any other purpose.

The butter should not be oily but just soft enough to cream well with sugar. In making white cake do not use colored butter for the coloring matter will not disappear like the natural color does. If there is too much salt in the butter it should be freshened by working it in cool water. Use only the very best.

The sugar should generally be either powdered sugar or "coffee A." If granulated sugar is used it should be very fine. Use pulverized sugar for delicate cakes; coffee-crushed, powdered and sifted for rich cakes; the best brown sugars for dark cakes; granulated and "coffee A" for fruit cakes and jelly cakes.

The eggs should be fresh and cold to beat well. In summer cool them on ice or in cold water. Many of our best cooks think they get better results by whipping with a fork or wire spoon than with a beater. Always beat the eggs in an earthen vessel and never in tin; a pinch of salt added makes them come to a froth quicker. The whites and yolks should be beaten separately.

Most cooks grease the cake pans with fresh lard. If butter is used it should not be too salty or the cake will stick. Cover the bottoms of the pans with white or manilla paper. As soon as taken from the oven set the pan upon a cloth wrung out of water for two or three minutes and the cake will not stick when being taken from the pan.

Always cream the butter and sugar first, then add the yolks of eggs, milk, and lastly the flour and whites of eggs.

In mixing cake, do not stir, but beat it thoroughly, unless otherwise directed, bringing the batter up from the bottom of the dish with every stroke. Use a long handled wooden spoon. An iron spoon turns the mixture black. Never beat a cake in tin but use earthen or stone ware.

Remember that sour milk and soda go together; and sweet milk and baking powder go together; and that baking powder combines the properties of soda and cream of tartar and is always used alone.

To one quart of flour use 2½ teaspoonfuls of baking powder.

To one quart of flour use 1 teaspoonful of soda and 2 teaspoonfuls of cream of tartar.

When molasses is used the cake should always be baked in a moderate oven for the molasses makes it burn easily.

In cake making do not try to economize too much in materials as a cake is often spoiled by some petty economy.

It is a bad thing to disturb a cake or even open the oven door for the first ten minutes while baking or until the cake is "set," but if it is baking unevenly it should be turned very gently, keeping the oven door open as short a time as possible. Outside air affects the baking and will make the cake fall.

Test with a broom splint or knitting needle. When the cake is done none of the mixture will adhere.

If the oven bakes too fast on the bottom, place the grate under the cake; if too hot on the top, set a pie pan of water on the top grate.

For baking sponge or pound cake, the oven should be hot enough to turn a piece of white paper a rich yellow in 5 minutes. For cookies, layer cakes or cup cakes, the paper should turn a dark brown in 5 minutes. For baking bread, throw a little flour on the bottom of the oven and if it browns quickly without taking fire the heat is sufficient. For baking puff paste, the heat should be greatest first and decrease later. This is to keep the paste in shape. When the oven is too hot the temperature may be reduced by placing a pan of cold water in it. After a cake is in, should the oven be found too hot so that the cake browns almost immediately, lift a lid off the stove and cover the cake with a buttered paper. The cake will not be as nice as if it were not browned so quickly but this is all you can do.

Sprinkle a little flour over the top of a cake to prevent the icing from running off. Pour on a small quantity of icing, spread it over the cake with a broad knife, which dip frequently in hot water to keep it from sticking. Never try to ice a cake while hot, and let layer cakes get nearly cold before putting together.

Gingerbread should be baked with a moderate fire as it is easily burned.

Put only a little of the dough on the board at once in making cookies. It is more easily managed in this way. Cookies must be gotten into the pans as soft as possible.

The fire should be fixed, the pans greased and everything in readiness before the cake is mixed if baking powder is used for it effervesces but once and there should be no delay in baking. The cake should rise in the oven and not the mixing bowl.

Bread and cake pans made of sheet iron are better than those made of tin.

CAKE RECIPES.

1. **Buttermilk Cake.**—One-half cup of butter; 2 cups of brown sugar; 2 cups of buttermilk; 1 lb. of currants; 1 lb. of raisins; 1 lb. of citron. Use one cup of flour in which to dredge the raisins; two level teaspoonfuls of soda dissolved in milk; cloves, nutmeg and cinnamon to taste and flour to stiffen. Bake two hours.

2. **Delicate Cake.**—Two cups of sugar; whites of 4 eggs; ½ cup butter; ½ cup sweet milk; 3 cups flour; 1 teaspoonful either soda or baking powder; 2 teaspoonfuls of cream of tartar. Flavor with lemon.

3. **Grandma's Cake.**—Two cups of medium brown sugar, ½ cup melted butter beaten well with 2 eggs. When thoroughly beaten add a small cup of sour milk, 1 teaspoonful of baking soda, 3 cups of sifted flour and 1 teaspoonful of baking powder; 1 teaspoonful of vanilla; bake well in moderate oven either in loaf or layers. If in layers use any filling desired.

4. **Economical Cake.**—One cup of sugar, 1 egg, ⅔ cup of milk, 2 tablespoonfuls of butter, 1 tablespoonful of baking powder, 2 cups of flour.

5. **Caramel Cake.**—Two eggs, 2 cups of brown sugar, ½ cup butter, ½ cup of sour cream, 1 cup grated chocolate, ½ cup hot water, ¾ teaspoonful of soda, 2 teaspoonfuls baking powder; mix chocolate and hot water together, then add soda and also 2½ cups of flour.

6. **Wedding Cake.**—Five pounds sugar, 50 eggs, 5 lbs. flour, 5 lbs. butter, 15 lbs. raisins, 10 lbs. currants, 3 lbs. citron, 1 pint brandy, 4 ounces nutmeg, 4 ounces mace, 1 ounce cinnamon, ¼ ounce cloves; this will make 43 or 44 pounds, is unequalled and will keep 20 years.

7. **Sultana Cake.**—One pound flour, ¾ lb. butter, ¾ lb. sugar, 8 large eggs, 1 lb. Sultana raisins, juice and grated rind of a lemon, ½ grated nutmeg. Beat butter and sugar to a cream, add flour, then yolks of eggs well beaten, next flavoring, then raisins dredged with flour, lastly the whites of eggs beaten very stiff. Bake one hour and a half in a slow oven.

8. **Taylor Cake**—(A Fine Fruit Cake).—Seven eggs, 1¼ lbs. butter, 1 pint boiled cider, 7½ cups flour, 1 lb. currants, 2 lbs. raisins, ¼ lb. citron, ¼ lb. orange peel, 1 teaspoonful soda, 1 teaspoonful cream of tartar, 1 teaspoonful cloves, 3 nutmegs.

9. **Fruit Cake.**—One cup molasses, 2 cups brown sugar, 1 cup butter, ½ cup milk, 4 eggs, 4 cups flour, 3 cups stoned raisins, 3 cups currants, 1 cup chopped citron, 1 teaspoonful nutmeg, 1 teaspoonful ground cinnamon, ½ teaspoonful cloves, 1 teaspoonful of soda and 2 of cream of tartar or 3 of baking powder.

10. **Marble Cake.**—White Part.—One cup of white sugar, whites of 4 eggs, ½ cup of butter, ½ cup of sweet milk, 2 teaspoonfuls of baking powder, 1 teaspoonful of lemon or vanilla and 2½ cups of sifted flour. Dark Part.—One cup of brown sugar, yolks of 4 eggs, ½ cup of molasses, ½ cup of

butter, ½ cup of sour milk, 1 teaspoonful of ground cloves, 1 teaspoonful of mace, 1 teaspoonful of cinnamon, 1 grated nutmeg, 1 teaspoonful of soda dissolved in a little milk and added after part of the flour is stirred in; 1½ cups of sifted flour. Drop a spoonful of the light then the dark, alternately, into a well buttered cake pan.

11. **Myrna Marble Cake.**—White Part.—One cup of white sugar, whites of 4 eggs, ½ cup of butter, ½ cup of sweet milk, 2 teaspoonfuls of baking powder, 1 teaspoonful of lemon or vanilla, 2½ cups of sifted flour. Dark Part.—One cup of brown sugar, yolks of 4 eggs, ½ cup of molasses, ½ cup of butter, ½ cup of sour milk, add cloves, cinnamon or strawberry. One teaspoonful of soda and 1½ cups of flour.

12. **Sponge Cake.**—Three eggs beaten for 5 minutes, 1 cup of sugar, ½ cup sweet milk, 1 teaspoonful of lemon, 2 cups flour, 2 teaspoonfuls of baking powder; bake slowly.

13. **Angel Food.**—One large tumbler of granulated sugar, ½ tumbler of powdered sugar, 1 tumbler of sifted flour, whites of 11 eggs, 1 teaspoonful of cream of tartar. Beat the eggs to a stiff froth; sift the sugar 4 times; sift the cream of tartar through the flour 4 times; add the sugar to the eggs slowly, as for frosting; add flour, stirring lightly and as little as possible; flavor with almond or vanilla. Bake in a deep unbuttered pan for ¾ of an hour. When done remove from oven and turn upside down, allowing the edges of the pan to rest on some supports. When entirely cold remove carefully from the pan. Much of your success depends upon the baking and handling.

14. **Ice Cream Cake.**—One-half cup of butter, 1½ cups of powdered sugar, ½ cup of milk, ½ cup of cornstarch, 1½ cups of flour, 2 level teaspoonfuls of baking powder, ½ teaspoonful vanilla, whites of 6 eggs; beat the butter to a cream, add gradually the sugar, then the milk alternately with the flour to keep it from curdling. Stir in lightly the beaten whites of the eggs the last thing before putting into the pans. Bake in moderate oven for 20 minutes. This makes 2 layers.

15. **Devil's Food.**—Two cups of brown sugar, 2 eggs, ½ cup sweet milk, ½ cup butter, 2 cups sifted flour, 1 teaspoonful of baking powder, 1 teaspoonful of soda, 1 cup grated chocolate, ¾ cup brown sugar, ½ cup sweet milk. Cook to thick cream, add 1 teaspoonful of vanilla and stir into the batter hot. Bake in 2 layers in a moderate oven.

16. **Devil Cake.**—One small cake Baker's chocolate, 2 cups granulated sugar, 1 cup butter, 1 cup buttermilk or sour milk, 3 cups sifted flour, 1 level teaspoonful soda dissolved in hot water, 6 eggs beaten separately. Put chocolate in bowl, set in boiling water and dissolve, add sugar and butter and beat light; add yolks of eggs, then milk and soda; add flour and beaten whites of eggs at once and beat till well mixed. Bake in layers and ice.

17. **Jelly Roll.**—One cup sugar, 4 eggs, 1 cup flour, 1 teaspoonful baking powder; beat well together. Bake in large shallow pan, spread with jelly and roll while warm.

18. **Quick Cake.**—Three eggs, 2½ cups of flour, ½ cup butter, ½ cup lard, 1 cup of milk, 1 cup of sugar, 4 teaspoonfuls of baking powder, 2 teaspoonfuls of vanilla.

19. **One Egg Cake.**—One tablespoonful of butter, one cup of sugar, 1 egg beaten, ¾ cup milk, 1½ cup flour, 2 teaspoonfuls of baking powder.

20. **Nut Cake.**—One cup butter, 2 cups sugar, 4 eggs, 1 cup milk, 3 cups flour, 2 teaspoonfuls baking powder, 1 cup nut kernels.

21. **Plain Walnut Cake.**—Two cups of flour, 1 teaspoonful of baking powder, ½ cup butter, 1 cup sugar, 2 eggs, 1 cup milk; beat all together and add 1 cup chopped walnuts and 1 teaspoonful of vanilla.

22. **Lemon Cake.**—Two cups sugar, 1 cup butter, 7 eggs, 1½ pints of flour, 1 teaspoonful baking powder, 1 teaspoonful lemon extract. Rub the butter and sugar to a light cream; add the eggs two at a time, beating 5 minutes. After each addition add the flour sifted with the powder and the extract mixed into a medium batter. Bake 40 minutes in paper lined tin in moderate oven.

23. **Ribbon Cake.**—Two cups sugar, ½ cup butter, 4 eggs, 1 cup milk, 3½ cups flour, spices, 3 level teaspoonfuls baking powder, ½ lb. finely chopped figs, ½ cup raisins stoned and cut into pieces, 1 tablespoonful of molasses. Cream the butter, add gradually the sugar and well beaten egg yolks, then the milk. Sift the baking powder and flour together thoroughly, then add the egg whites beaten to a stiff froth. Bake one-half of the mixture in a layer cake pan. To the remainder add the fruit, molasses and spices to taste. Bake and put the layers together with icing.

24. **Gold and Silver Cake.**—One cup of white sugar, yolks of 4 eggs well beaten, ½ cup of butter, ½ cup of milk, 2 cups of flour, 1 tablespoonful of baking powder. Same for the silver, except use the whites of eggs.

25. **White Mountain Cake.**—Three-fourths cup of butter, 2 cups sugar, whites of 7 eggs, 1 cup cornstarch, 2 teaspoonfuls baking powder, 2 cups flour.

Filling.—One-half cup cold water, 2 cups sugar; boil until it threads, then beat into the whites of two eggs; flavor with vanilla.

26. **Hickory Nut Cake.**—One cup of chopped nuts, ½ cup butter, 3 eggs, 1½ cups sugar, 1 cup milk, 3 cups flour; cream the sugar and butter and then add milk, then yolks of eggs, well beaten, then flour well sifted with heaping teaspoonful of baking powder, then nuts and whites of eggs well beaten.

27. **Lemon Jelly Cake.**—Four tablespoonfuls of butter, 2 cups of coffee sugar, 4 eggs, leaving white of one for frosting; beat whites of the eggs separately; mix yolks with butter and sugar; add whites last after flour is added; 1 cup of milk, 3¾ cups of flour, 2 teaspoonfuls of baking powder mixed with flour, 1 teaspoonful of lemon extract.

Filling.—One egg, 1 cup of sugar, juice and grated rind of one lemon, 1 tablespoonful of water, 1 teaspoonful of flour. Boil till it thickens; when cool, spread between layers.

28. **Prince of Wales Cake.**—White Part.—One-half cup sugar, ½ cup butter, ½ cup sweet milk, 2 cups flour, 1 teaspoonful vanilla, 2 teaspoonfuls baking powder, whites of 3 eggs. Dark Part.—One-half cup butter, 1 cup brown sugar, yolks of 3 eggs, ½ cup sour milk, 2 cups flour, 1 tablespoonful molasses, ½ teaspoonful cloves, 1 teaspoonful cinnamon, 1 teaspoonful nutmeg, 1 teaspoonful soda dissolved in warm water, 1 cup raisins; bake each portion in two layers and use white boiled icing.

Icing.—One-half cup water, 1½ cups sugar; cook until it threads, then stir until it is smooth.

29. **Angel Cake.**—One and a half tumblers of pulverized sugar, whites of 11 eggs, 1 tumbler of flour, 1 teaspoonful cream of tartar, 1 teaspoonful vanilla; sift flour and cream of tartar three times; sift sugar once; then sift

flour and sugar together three times. Beat the eggs to a stiff froth, then very lightly add sugar and flour. Bake at once in a slow oven, 40 minutes. Turn the pan upside down to cool. Do not grease the tin.

30. **Anna's Cup Cake.**—One-half cup of sweet milk, ½ cup of butter, 2 eggs, 1 cup of sugar, 2 cups of flour, 2 teaspoonfuls of baking powder. Can use this for many kinds of cake, with or without fruit, with different kinds of flavoring and different kinds of filling; bake in loaf or layer, or in patty pans.

31. **Chocolate Cake.**—One cup of sour milk, 1 cup of molasses, ½ cup of butter or lard, yolks of two eggs, 3 cups of flour.

Frosting.—One square of chocolate, 1 cup of sugar, white of one egg, 1 teaspoonful of vanilla.

32. **Cornstarch Loaf Cake.**—Three-fourths cup of butter, 1¼ cups of sugar, 1 cup of sweet milk, 3 eggs, or whites of four, 3 teaspoonfuls baking powder, ¾ cup of cornstarch, enough flour to make a moderately stiff batter; flavor to suit taste.

33. **Centennial Cake.**—One cup of butter, 2 cups of sugar, 1 cup sweet milk, 4 cups flour, 3 heaping teaspoonfuls baking powder, 5 eggs; beat the whites separately and add the last thing before baking; flavor to suit.

34. **Cocoa Cakes.**—Cream ½ cup of butter; add ¼ cup of cocoa, the beaten yolks of three eggs, 1 cup sugar, 1 teaspoonful cinnamon, ½ cup of water, then the beaten whites of 3 eggs, 1¼ cups of flour, and 3 teaspoonfuls of baking powder. Bake in gem pans.

35. **Delicate Cocoanut Cake.**—One-half cup of butter, one cup of sugar, whites of 3 eggs, ½ cup of sweet milk, 2 cups of flour, 2 teaspoonfuls of baking powder; bake in a long pan; make boiled icing and stir in one large cup of cocoanut; spread thickly on top of cake, sprinkling fresh grated cocoanut on top.

36. **Crumb Cake.**—Three cups of flour, 1½ cups of sugar, ¾ cup of butter or lard; mix sugar, flour and butter together and take out ½ cup for crumbs; into the balance put 2 teaspoonfuls of baking powder, ¾ cup of milk and 1 egg; flavor with nutmeg; make out in two loaves and sprinkle crumbs over the top and bake. Better when eaten warm.

37. **Cheap Cake.**—One-half cup of butter, 1 cup of sugar, ½ cup of sweet milk, 3 eggs, saving out the white of one for icing; 2 teaspoonfuls of baking powder, and flour enough to make thick but not stiff. This can be baked in a square loaf and cut in squares.

38. **Coffee Cake.**—One cup of melted butter, 2 cups of brown sugar, 1 cup of strong coffee, 4 cups of flour, 2 eggs, 1 teaspoonful of cloves, cinnamon and nutmeg; 1 cup of raisins, boiled and seeded; 2 heaping teaspoonfuls of baking powder.

39. **Clara Follett's Cake.**—Cream half a cup of butter; add ¼ cup of cocoa, the beaten yolks of 3 eggs, 1 teaspoonful of cinnamon, 1 cup of sugar, and ½ cup of water, then the beaten whites of eggs and 1¼ cups of flour with 3 heaping teaspoonfuls of baking powder.

40. **French Cake.**—One cup of milk, 1½ cups of sugar, 3 cups of flour, 4 tablespoonfuls of butter, 2 eggs, ¾ teaspoonful of soda, 1½ teaspoonfuls of cream of tartar; flavor according to taste. Put the soda in the milk, and the cream of tartar in the flour.

41. **Feather Cake.**—Cream 1 tablespoonful of butter; add 1 cup of sugar

then 1 egg well beaten, 1½ cups of flour, ½ cup of sweet milk; beat well; add 2 level teaspoonfuls of baking powder. Bake 20 minutes.

42. **Gospel Cake.**—Three and one-half cups of flour, (1st Kings 4-22); 1 cup of butter (Judges 5-25); 3 cups of sugar (Jeremiah 6-20); 2 cups of raisins (1st Sam. 30-12); 1 cup of water (Genesis 24-17); 1 cup of almonds (Genesis 43-11); 6 eggs (Isaiah 10-14); 1 tablespoonful of honey (Exodus 15-21); a pinch of salt (Leviticus 2-13); 3 eggs (yolks); 1 pint of milk; spices, 2 tablespoonfuls. Follow Solomon's advice for making good boys and you will have a good cake. (Prov. 12-14.)

43. **Silver Cake.**—One cup of milk, whites of 6 eggs, 2 cups of sugar, ⅔ cup of butter, 4 cups of flour, ¼ teaspoonful salt, 2 teaspoonfuls baking powder, 1 teaspoonful almond extract; cream the sugar and butter; then add alternately the milk and flour, having sifted the flour, baking powder and salt well together; then add extract and the well beaten whites of eggs; beat well and bake in loaf pan in moderate oven.

44. **Lady Cake.**—One-half cup of butter, 1½ cups of sugar, ¾ cup of sweet milk, 2 cups of flour, 2 teaspoonfuls of baking powder, whites of four eggs whipped to a stiff froth. Flavor with almond, peach or rose water.

45. **A Cheap Fruit Cake.**—One cup of sour milk, 1 cup of sugar, 2½ cups of flour, 1 cup of raisins, 1 teaspoonful of cinnamon, allspice or cloves, 1 egg, butter the size of an egg; good. If desired, add half teaspoonful soda.

46. **Black Fruit Cake.**—One pound of brown sugar, 1 pound of butter, 10 eggs, 2 pounds of raisins, 3 pounds of currants, 2 tablespoonfuls of cinnamon, 1 tablespoonful of ginger, 1 teaspoonful of cloves, 1 nutmeg, 3 teaspoonfuls of baking powder, ½ cup of cold water, ½ teacup of molasses, ½ pound of citron, flour enough to make it the consistency of pound cake. Rub the butter and sugar together; beat the eggs, then mix; add the molasses, then the flour and fruit. This will make 2 large loaves. Bake 1½ hours with a slow fire; bake in pans with stems.

47. **Farmer's Fruit Cake.**—Two cups of dried apples, soaked over night, chop in the morning and cook well in 2 cups of molasses, either maple or Orleans; after the apples are done let them get cold; flour same as for other fruit cake. Make following batter: One cup of butter, 1 cup of sugar, 3 eggs, 1 cup of sour milk, 1 teaspoonful each of cinnamon and cloves, 1 tablespoonful of soda in milk and 5 cups of flour. Can add 1 cup of raisins, if you choose, with the apples. Bake in moderate oven.

48. **White Fruit Cake.**—Two cups of sugar, 1 cup of butter, 1 cup of sweet milk, ¾ cup of flour, 2 teaspoonfuls of baking powder, whites of 5 eggs, ½ lb. sliced citron, 2 cups cocoanut, meats from 1 quart hickory nuts, or use almonds.

49. **Minnehaha Cake.**—One-half cup of butter, 1½ cups of sugar, 1 cup of sweet milk, 3 eggs, 2 teaspoonfuls of baking powder, 3 cups of flour.

50. **Morangtarta.**—One pound of granulated sugar, whites of ten eggs, well beaten; one pound of almonds, grated and well dried by allowing them to stand over night; mix the sugar and almonds together and beat slowly into the whites of eggs. Put in a buttered pan sprinkled with a few bread crumbs and bake slowly for an hour. To be eaten with fruit and whipped cream. (Very Fine.)

51. **One Egg Cake.**—One egg, 1½ cups of sugar, ½ cup of butter, 1 cup of sweet milk, 2½ cups of flour, 2½ teaspoonfuls of baking powder.

52. **Queen Cake.**—Two cups of flour, 1 cup of sugar, 1 cup of milk, 2

eggs, 1 large tablespoonful of butter, 2 teaspoonfuls of baking powder; flavor to taste; beat the butter, sugar and eggs together; then add the milk and flour, mixed with the powder. Bake in shallow pans in quick oven.

53. **Sunshine Cake.**—Beat the yolks of 5 eggs thick with a cup of granulated sugar; a pinch of salt and ¾ cup of flour, which has been sifted with ½ teaspoonful of cream of tartar; add to it carefully the whites of 7 eggs, whipped very stiff; flavor with lemon or orange.

54. **Tea Cake.**—One tablespoonful melted butter, 1 egg, 1 cup sugar, 1 teaspoonful baking powder, ¾ cup milk, 2 cups flour.

55. **Velvet Cake.**—One-half cup of butter, 1½ cups pulverized sugar, whites of 4 eggs, 1 cup of sweet milk, 2 cups of flour, ½ cup of cornstarch, 1 large teaspoonful of baking powder, vanilla.

56. **White Loaf Cake.**—Two cups of sugar, 1 cup of butter, 1 cup of sweet milk, 3 cups of flour measured before sifting, 3 rounding teaspoonfuls of baking powder, whites of 9 eggs; measure with a pint cup; flavor to taste; ice with 2 cups of sugar and the whites of 3 eggs; add nearly a cup of boiling water to sugar, and cook until it will break in water, then pour it slowly with left hand over well beaten whites, while beating hard with the right hand.

57. **White Cake.**—One-half cup of butter, 1½ cups of sugar, ⅔ cup of milk, 2 teaspoonfuls baking powder, 2 cups of flour and the whites of 4 eggs, well beaten and added last; flavor to taste.

58. **Washington Cake.**—One and three-fourths cups of flour, 1 cup of sugar, ⅓ cup of butter, 1 egg, ½ cup of sweet milk, 2 teaspoonfuls baking powder, 1 teaspoonful of lemon extract. Bake in three round tins; when done, put a layer of apple sauce between and on top of the cake. Jelly or jam may be substituted, and the cake served with whipped cream or sauce.

59. **Cream Cake.**—One cup of sugar; 2 eggs, well beaten in a cup, fill up with sweet cream; 2 cups of flour; 2 teaspoonfuls of baking powder. Bake in 2 layers.

Filling.—One and one-fourth cups of sugar, ¼ cup of milk, pinch of salt, 4 teaspoonfuls of cocoa, butter size of walnut, vanilla to flavor; cook soft and beat while cooling and spread on cake.

60. **Custard Cake.**—One teacupful of sugar, 3 eggs, 3 teaspoonfuls melted butter, ⅓ teacup of sweet milk, 1 teacup of sifted flour, 1½ teaspoonfuls of baking powder; sift the baking powder in the flour; beat the whites and yolks separately; add the butter, melted just enough to measure well.

Custard.—One pint of milk, 2 eggs, 2 tablespoonfuls of flour, 1 tablespoonful of cornstarch.

61. **Chocolate Caramel Cake.**—One and one-half cups of granulated sugar, ½ cup of butter, 1 cup of milk, 3 cups of sifted flour, 3 teaspoonfuls of baking powder, beaten whites of 4 eggs. Bake in layers.

Filling.—Whites of 4 eggs beaten to a stiff froth, 1¼ lbs. of confectioner's or XXXX sugar added gradually. Flavor with 1 teaspoonful of vanilla. Spread on layers and allow to stand until cold. Melt 2 squares of Baker's chocolate in a small dish over the teakettle and spread very lightly over the hardened white icing. Cocoanut may be used instead of chocolate, if preferred, but must be put on before the white icing hardens.

62. **Fig Cake.**—Two cups of sugar, 1 cup of butter, 3½ cups of flour, ½ cup of sweet milk, whites of 7 eggs, 2 teaspoonfuls of baking powder. Bake in layers.

Filling.—One pound of figs, chopped fine and put in a stew pan on stove; pour over it a teacup of sugar. Cook all together until soft and smooth. Let cool and spread between layers.

63. **Cream Puffs.**—One cup of boiling water poured on ½ cup of butter; 1 cup of flour, stirred into the boiling water; boil 2 minutes, let cool, then add 3 eggs unbeaten and beat well; bake ½ hour, slowly at first. The puffs will fall if not baked enough. Bake on buttered tins until a golden brown.

Custard.—One cup of milk, ½ cup of sugar, 1 egg, 3 teaspoonfuls of flour. Cut a hole in the side of puff and fill with custard.

64. **Breakfast Cake.**—One cup of sugar, 2 cups of flour, ¾ cup of butter; rub well with hands and set aside ½ cup of the mixture; in the remainder put one egg, 1 cup of sweet milk, and 2 teaspoonfuls of baking powder in enough flour to make a stiff batter. Put in shallow pan and sprinkle the ½ cup of crumbs over the top. Bake in a moderate oven.

65. **Apple Cake.**—Make a thick batter of 2 cups of flour, ½ teaspoonful of soda, 1 teaspoonful of cream of tartar, ¼ cup of butter, 1 egg, 1 scant cup of milk. Put it in a long shallow pan and press lightly into the top wedges of peeled, quartered and cored apples; 4 apples will be all that are needed for the cake. Sprinkle 2 tablespoonfuls of sugar over the top and bake brown. Serve with cream or soft sauce.

66. **Pork Cake.**—One pound fat pork, 1 lb. seeded raisins, 1 lb. seeded dates, 1 lb. currants, 1 lb. figs, 1 teaspoonful cinnamon, 1 teaspoonful ground cloves, 2 cups molasses, 1 cup sugar, 1 teaspoonful soda, 8 cups flour, 1 pint of hot water poured over the flour and let cool. Mix all together and bake.

67. **Roll Jelly Cake.**—One cup sugar, 1 cup flour, 3 eggs, 3 tablespoonfuls sweet milk, ½ teaspoonful soda, 1 teaspoonful cream of tartar. Bake and when done spread with jelly, roll up and wrap a napkin around it.

68. **Chocolate Loaf Cake.**—Two cups brown sugar, ½ cup butter, creamed, 2 eggs, 1 tablespoonful vanilla, ⅛ cake Baker's chocolate, ½ cup buttermilk, ½ teaspoonful soda in the buttermilk and when foaming add ½ cup boiling water and pour quickly over the grated chocolate; 3 cups sifted flour, 2 teaspoonfuls baking powder.

69. **Spice Cake.**—One cup of sugar, 1 cup of molasses, ½ cup of butter and lard mixed, 1 cup of sour milk, 2 eggs, 3 cups flour, 1 teaspoonful each of cloves and cinnamon, 2 teaspoonfuls of soda. Bake in 4 layers.

70. **Johnny Cake.**—

"Two cups Indian, one cup wheat,
One cup sour milk, one cup sweet,
One cup good eggs that you can eat,
One-half cup molasses, too,
One-half cup sugar add thereto,
Salt and soda, each a spoon,
Mix up quickly and bake it soon."

71. **Maple Cake.**—One cup molasses, 1 cup dark maple sugar, 1 cup buttermilk, 2 large tablespoonfuls shortening, 1 tablespoonful ginger, 2 small teaspoonfuls soda, flour to make not too stiff.

72. **Dolly Varden Cake.**—One cup sugar, 1 cup of milk, 1 tablespoonful butter, 2 cups flour, 3 teaspoonfuls baking powder. Bake in two layers, leaving enough in the dish for one of them, to which add ½ cup currants and 1 teaspoonful each of ground cinnamon, allspice and cloves. Put the layers together with frosting flavored with lemon.

73. **Good Almond Cake.**—One cup coffee "A" sugar, ½ cup butter

(small part lard), ½ cup milk or water, whites of 3 eggs, 1½ cups flour, 1½ teaspoonfuls baking powder; bake in 3 layers.

74. **Layer or Loaf Cake.**—One cup granulated sugar, scant ½ cup butter, 2 eggs, saving white of one for frosting, ⅔ cup milk, 1¾ cups flour, 2 teaspoonfuls baking powder and flavoring. This cake is a standby for all occasions and will keep moist for several days. Cocoa may be added for solid chocolate cake.

75. **Spice Cake.**—One cup sugar, ⅔ cup butter, 2 eggs, ½ cup molasses, 1 cup sour milk, 2½ cups flour, 1 teaspoonful each of soda, cloves, cinnamon and a little nutmeg. If fruit is added this makes a very good fruit cake.

76. **Cheap Fruit Cake.**—One cup sugar, ½ cup butter, 1 cup sour milk, 1 teaspoonful each cinnamon, cloves, nutmeg and soda, 2 cups flour, 1 cup raisins.

77. **Lightning Clouse.**—Sift together in a bowl, 1 cup sugar, 1 cup flour, 1 teaspoonful baking powder. Fill a cup ¼ full melted butter, break 2 eggs into this, fill cup with milk, add to dry measure, mix thoroughly and bake in two layers. Filling of whipped cream. This is a very good quick cake.

78. **Surprise Cake.**—Take one egg, 1 cup of sugar, 1 cup of butter; beat all together; then take a cup of sweet milk with two teaspoonfuls of cream of tartar and 1 teaspoonful of soda dissolved in it; then mix all together and thicken with flour. If desired, a little less soda and cream of tartar may be used. You will be surprised to see what a nice cake this makes.

79. **Plain Cake.**—One cup sweet milk, 1 cup sugar, ½ cup molasses, ½ cup butter, 3 cups flour, 1 cup raisins, 2 teaspoonfuls cream of tartar, 1 teaspoonful of soda, salt, cloves, cinnamon and nutmeg; add milk and soda just before putting into oven.

80. **Devil Cake.**—One egg, ½ cup sugar, ½ cup sweet milk, ⅓ cup grated, unsweetened chocolate; cook until thickened and let cool. Cream 1 cup sugar with ½ cup butter; add 2 eggs beaten separately, ½ cup sweet milk, 2 cups flour, ½ teaspoonful vanilla, ½ teaspoonful soda dissolved in milk; mix all thoroughly and add chocolate paste; beat well; bake in layers and white frost it.

FROSTINGS, ICINGS AND FILLINGS.

1. **Chocolate Filling for Cake.**—Three-fourths cup of sweet milk, 1 cup of sugar, 1½ cakes of sweet chocolate, 2 teaspoonfuls of lemon extract. Boil until thick.

2. **Marshmallow Filling or Icing.**—Put ¼ cup of water and one cup of granulated sugar over the fire together and boil until it forms a soft ball when dropped into cold water. Now pull apart ½ pound of marshmallows, put them into a double boiler with 2 tablespoonfuls of hot water and stir until melted. Then pour the hot syrup gradually into the marshmallow mixture, beating all the time; add a teaspoonful of vanilla and beat until cold.

3. **Icing Without Boiling.**—Butter the size of a walnut; the white of 1 egg, not beaten; enough pulverized sugar to spread nicely, according to the size of the egg. Mix all together until smooth. Put on cake when cold.

4. **Caramel Icing.**—One cup of brown sugar, 1½ cups of maple sugar, ½ cup of butter, ¾ cup of milk, 1 pound pecan nuts, 2 tablespoonfuls vanilla; boil together 10 minutes the butter, milk and sugar; add the chopped nuts

and boil 3 minutes longer; remove from fire and add vanilla; stir until cool, then spread on the cake.

5. **Boiled Icing.**—The whites of 2 eggs, 2 cups of granulated sugar, citric acid the size of a pea, a few drops of vanilla. Barely cover the sugar with water, and boil until it hardens in water. Pour it slowly into the beaten whites of eggs, beating hard all the time; add citric acid dissolved in a few drops of hot water and the vanilla. Beat until cool and of proper consistency to spread on cake.

6. **Icing for Cookies.**—Take 1 cup of sugar and boil until it will get hard. Pour over the well-beaten white of 1 egg; stir until cool.

7. **Chocolate Cream Frosting.**—White of 1 egg beaten to a stiff froth, and an equal quantity of cold water; add confectioner's sugar until thick enough to spread; flavor with vanilla; spread ½ inch thick on cake; melt ½ cake of German sweet chocolate over hot water; add teaspoonful of boiling water to chocolate, beating well, and pour it over the frosting on the cake; it will remain soft and creamy for a week, cutting without breaking, and is delicious.

8. **Maple Caramel Frosting.**—Add 1 cup of cream to 2 cups of broken and rolled maple sugar. Boil until it hardens in water (it will take about fifty minutes); beat when half cool until it becomes creamy, and then spread on cake.

9. **Lemon Jelly Filling.**—One-fourth pound of butter, 4 eggs, juice of 4 lemons and grated rind of two, ¾ cup white sugar; mix all well together and boil 1 minute, stirring all the time; when cold spread between cakes.

10. **Custard Filling.**—One cup milk, yolks of 4 eggs, ½ cup sugar, 1 dessert spoonful of flour, ½ pound almonds, reserving 20 split for putting on icing on top of cake. Add the almonds chopped when the filling is cold and put between layers of cake. Ice as desired.

MEATS, POULTRY, GAME, FISH, OYSTERS AND CROQUETTES.

Some hae meat and canna eat,
And some would eat that want it;
But we hae meat, and we can eat,
Sae let the Lord be thankit.

—*Burns.*

The sauce to meat is ceremony; meeting were bare without it.—*Macbeth.*

HOW TO SELECT GOOD MEAT AND POULTRY.

Beef.—Good beef is elastic so that if it be pressed with the finger no impression will remain. If the meat be in poor condition the lean part will usually be of a dark color and inelastic.

Mutton.—The lean part of good mutton is of a dark, bright crimson red; the fat is firm and white. The lean part of bad mutton is of a brownish color with a bad smell; there is little fat and it is flabby and yellowish.

Pork.—The fat part of pork should be firm and white; the lean should be of a fine grain; and the skin cool and thin. Should the fat contain kernels the pork should be avoided for the pig was diseased when killed. Pork should not be kept more than a day or two before it is cooked for it will not keep long without salting. Great care should be exercised that pork be thoroughly cooked or there will be danger of disease.

Veal.—Veal will spoil quickly and should not be kept more than two days in summer nor four in winter.

Turkeys.—A young cock-turkey has smooth, black legs with short spurs. Sometimes dealers cut and scrape the spurs of old turkeys so as to deceive one, hence they should be carefully examined. The beak of an old turkey is hard while that of a young bird is somewhat soft. The legs of an old hen-turkey are red and rough. If the turkey is in poor condition the eyes will be dim and sunken and the feet dry and stiff, while if it be in good condition the eyes will be bright and full and the feet soft and pliable.

Fowls.—Select a fat fowl for any purpose. The skin should be transparent and if the bird is young and tender the skin under the wing or leg may be easily torn. A young cock will have short spurs. A fine bird will have a full fat breast and a smooth comb.

Ducks.—If the duck has been recently killed the feet and legs will be soft and pliable but if it be stale they will be dry and stiff. Freshness of the eyes is a good indication. An old duck will generally be thin and lean while a young bird is generally plump. The tame duck has rather large feet that are of a dusky yellow while the feet of the wild duck are smaller and of a reddish color.

Geese.—The feet and beak of an old goose will generally be red and bristly, while those of a young goose will be yellow with few bristles. When stale the feet and legs are dry and stiff; when fresh they are pliable and soft. The breast of a young bird, as with all poultry in good condition, is plump and the flesh whiter than that of old birds.

A FEW SUGGESTIONS CONCERNING THE COOKING OF MEATS AND POULTRY.

Salt meats and meats used for soup should be put to cook in cold water; but otherwise, fresh meat should be put on in boiling water. Cold water extracts the juice while hot water quickly cooks the outer surface of the meat and so retains the juices. Put a piece of red pepper in the water to prevent the odor which arises from boiling meat and turn the meat frequently that it may cook evenly on all sides. Carefully remove all scum as it arises. The meat should be kept boiling constantly but very gently. Allow twenty minutes for each pound of meat.

When roasting meat in the oven it should be frequently basted, that is, the juices should be dipped and poured over it with a spoon. Keep the fire at a uniform heat.

In broiling, have the gridiron hot before putting on the meat. Turn it over as soon as it sears.

Do not salt meat until it is nearly done as salt extracts the juices. The juices of meat are also extracted by allowing them to remain wrapped in paper when purchased. The meat should be immediately unwrapped.

In cooking an old fowl or a tough piece of meat, add a pinch of soda or

a spoonful of vinegar to the water in which they are boiled to aid in making them tender.

Frozen meats should be laid in cold water to thaw out shortly before using.

When roasting meat, use either tripods or clean pieces of wood to keep it out of the juices. Keep a pan of water in the oven to prevent scorching.

In warm weather mutton, veal and pork may be kept fresh for several weeks by laying them in sour milk. The meat should be entirely covered and the milk changed when mould appears. Wash the meat in cold water before using.

Salt pork may be freshened by soaking it over night in sweet milk and water.

A nice gravy is made by adding the meat gravy to some flour and butter which have been rubbed together and browned in the skillet.

The garnishes for meat are slices of lemon, parsley, sliced beets, sliced carrots and currant jelly.

MEATS AND POULTRY.

1. **Baked Veal Chops or Cutlet.**—Put in a roasting pan and season with pepper and salt, dust heavily with flour and put small pieces of butter on top. Then cover with water and bake one hour.

2. **Breaded Ham.**—Cut 1 pound of ham in slices ¼ inch thick; lay in hot water for 30 minutes, drain and wipe dry, dip in beaten egg, then in rolled bread crumbs and broil.

3. **Creamed Beef.**—Melt a lump of butter the size of an egg in a frying pan, then add cold roast beef cut in thin slices or chipped dried beef and fry to a nice brown, then add a tablespoonful of flour and stir well; last of all add enough water or milk to make a nice cream; serve with or without toast as you like.

4. **Dressing for Stuffing Meats.**—Soak a loaf of baker's bread in cold water and squeeze as dry as possible. Cut a large onion up fine and mix with the bread and fry a light brown in butter, with plenty of salt and pepper and then add 2 well-beaten eggs and a little sage if desired.

5. **Veal Loaf.**—Three pounds veal, 3 eggs, ½ pound ham, 1 cup cracker crumbs, ½ cup milk, butter size of an egg, pepper and salt, a little water in the pan at first. Bake ¾ of an hour or longer.

6. **Beefsteak Roll.**—Prepare a bread dressing such as you use for chicken; pound a round steak a little but not very hard; spread the dressing over it; lap over the ends; roll the steak up tightly and tie; spread 2 spoonfuls of butter over it; put a little water in the pan, lay steak in and bake, basting often. In a brisk oven it will bake in 30 minutes. Make a brown gravy and serve hot, or it is nice when sliced cold.

7. **Chicken Tamales (A Mexican Dish).**—Mix 1 pint each of finely ground cooked chicken and finely ground fresh boiled ham; cut 2 large red peppers in halves, remove seeds, and place in sauce pan with boiling water and cook 5 minutes; remove, chop fine and add them to the meat; season with ½ teaspoonful of salt and sauce from peppers. Place a sauce pan containing a cupful of chicken broth over the fire. Mix 4 tablespoonfuls corn meal with cold water; add it slowly to boiling broth; add ½ teaspoonful butter; cook and stir till thick; season with salt to taste. Put some dried corn husks in warm water to soak for 30 minutes, remove, cut off even sizes, spread each out on a

dish. Cover with thin layer of meal paste; put a tablespoonful of the meat in the center lengthwise; fold the husk around it; twist the ends and tie. Place in a steamer and steam for an hour and a half or cover with chicken broth and cook one hour. Any kind of meat may be used instead of chicken.

8. **Braised Beef.**—Cut a round steak into suitable pieces for serving. Dip these in salt water, then in bread or cracker crumbs. Fry these pieces, just long enough to brown nicely, in a buttered pan. Put into a bake pan or dish and put in enough water to make the pan half full. Bake 90 minutes in a moderate oven.

9. **Boiled Ham.**—Changing the water once or twice, soak the ham for 24 hours. Put on to cook in boiling water with a little sage and a cup of vinegar. When very tender, remove the skin and black outside, sprinkle the fat side with sugar and bread crumbs, and brown in the oven.

10. **Ham Pattie.**—Chop fine some pieces of cold ham. One-half dozen boiled eggs, chopped and seasoned with salt and pepper. Put in a baking dish a layer of ham, then a layer of eggs, and then the sauce until dish is full. Sauce:—Mix together 1 tablespoonful of flour and 1 tablespoonful of butter and stir this into a cup of sweet milk. Over the top layer of pattie, pour this sauce and spread with bread crumbs. Bake until a nice brown.

11. **Tasse Ham.**—Cut six hard boiled eggs in halves, crosswise; remove yolks; place cups thus made around edge of platter. While eggs are boiling, cook ⅓ cup of fine bread crumbs in ⅓ cup of milk to a smooth paste; add 1 cup of chopped ham, cooked, 1 egg slightly beaten, ½ teaspoonful mustard; make into balls, set one in each half egg cup. White Sauce:—Two tablespoonfuls each of butter and flour, 1 cup of milk and 1 teaspoonful of salt. Turn this into center of platter, sift yolks over it and set dish in oven until eggs are hot. Garnish with parsley. You can use mushrooms in the white sauce if so desired.

12. **Deviled Ham Rolls.**—Roll thin some light rich pastry and cut into four-inch squares; spread upon each square a spoonful of deviled ham, leaving about ½ inch around the edge uncovered. Moisten the edges with cold water; roll each sheet of ham and pastry compactly, pressing the edges together. Brush with white of egg and bake. This is nice with a salad course.

13. **Stuffed Leg of Pork.**—Make deep incisions in the meat; mash fine a few boiled potatoes; add a chopped onion, cayenne pepper, salt and a little sage. Mix a piece of butter with this and fill the incisions; pull the skin down, and skewer over to keep the dressing from falling out. Roast slowly; when the meat is done pour the gravy into a pan, take off the fat and add a little brown flour; as soon as it boils up once, remove from the fire; serve with cranberry sauce.

14. **Veal with Oysters.**—Cut 1 pound of select veal into squares about the size of the oysters; fry nice and brown; when done add enough butter to make sufficient gravy and season. Pour over this 1 quart of oysters, well cleaned and drained, with 2 tablespoonfuls of flour stirred all through the oysters; pepper and salt; cover and let steam until the oysters begin to curl and the gravy is thickened.

15. **Curry Chicken.**—Cut up a chicken; slice an onion and fry in the skillet with a generous piece of butter; add a teaspoonful of curry powder. Put in chicken and fry just long enough to absorb the onion flavor. Grate 1 cocoanut and pour boiling water over it; strain through cheese cloth,

squeezing tight; add the chicken to cocoanut water; cook until meat drops from bones. If water boils away add more: salt the last thing: add a little flour and more curry powder if desired. Serve with hot boiled rice.

16. **Chicken Sauteing.**—Melt 2 tablespoonfuls of butter in a pan with a small chopped onion; do not let it brown. put into this a tender chicken cut into small pieces; season with pepper and salt. Let cook for 20 minutes, turning often; then dredge with flour, stir around well and add a scant pint of stock or water—boiling. Cover and place on the back part of the stove where it will simmer gently until done. Remove all grease from gravy and add a cup of cream; cook for 2 or 3 minutes and pour over chicken.

17. **Chicken Pie.**—Take a good sized chicken that is neither too fat nor too old; cut it up and remove all extra fat; wash it well and cook until tender, keeping the fat skimmed from the top of the kettle. Put the extra fat in a skillet and place on the back of the stove where it can slowly cook until all grease is extracted and when cold it may be used with other shortening to make the crust for the pie The crust may be made in the usual way, lining the pan with an under crust; then add the chicken and 4 sliced potatoes; then the broth made into a nice gravy; put the top crust on and bake until it is a nice brown.

18. **Cleveland Chicken.**—Cut up a cooked chicken fine, a few potatoes cut in squares and bread crumbs; put on the stove 1 cup of milk, 1 tablespoonful of butter, 1 tablespoonful of flour, pepper, salt and a little parsley; mix with the other, sprinkle bread crumbs over the top and bake fifteen minutes.

19. **Old Point Comfort Chicken Terrapin.**—Boil a chicken until tender; remove bones; thicken the broth with a lump of butter rubbed in flour and then put the meat of the chicken back on the stove; add ⅓ pound of butter, a dozen mushrooms, a little summer savory, cayenne pepper and salt. Boil and stir until tender; then add yolks of 3 hard boiled eggs, chopped fine; then sweet cream and serve hot.

20. **Chicken Croquettes.**—Boil a cup of milk with a lump of butter as large as an egg and a tablespoonful of flour; when cool add pepper and salt, a bit of minced onion, 1 cup of bread crumbs and 1 pint of finely chopped chicken; lastly, beat 2 eggs and work in, form in balls, roll in eggs and cracker crumbs and fry.

21. **Chicken Cutlets.**—Rub together 2 tablespoonfuls of flour and 1 of butter; add to them ½ pint of stock; stir constantly until boiling and then add the yolks of 2 eggs. Take from the fire and add 1 pint of cold chopped chicken, a tablespoonful of parsley, 1 teaspoonful of salt, a little pepper and a grating of nutmeg. Mix and put aside to cool; when cold form into the shape of cutlets, dip in eggs and crumbs and fry. Turkey can be used the same way.

22. **Chicken and Macaroni.**—In a baking pan arrange layers of bits of chicken, macaroni and bread crumbs, the crumbs on top; season with salt, pepper and butter. Pour over a dressing made of 2 cups of stock, ½ cup of cream and flour to thicken; bake 45 minutes.

23. **Sweetbreads and Peas.**—Soak 2 pairs of sweetbreads in cold salt water for an hour, then cook from 30 to 45 minutes. Take 1 can of French peas cooked and seasoned as for table, add the chopped sweetbreads, put in baking dish, cover with bread crumbs and a generous amount of butter, bake in hot oven 10 minutes or until brown.

24. **Liver Timbales.**—To a pint of cooked calf's liver, chopped fine and salted, add a cup of bread crumbs, 2 beaten eggs, 1 cup of milk, 1 teaspoonful of parsley, a few drops of onion juice and a tablespoonful of melted butter. Mix thoroughly and turn into molds and cook in a pan of warm water in a moderate oven for about 25 minutes. Serve with mushroom sauce.

25. **Stuffed Tripe.**—Clean and boil a large piece of fresh tripe, spread with a highly seasoned bread dressing, roll up and tie. Put it into a baking pan with ¼ cup of butter and a cup of hot water; cover and bake about an hour in a moderate oven, basting frequently.

26. **Nut Balls.**—Any cold cooked meat may be used. To each half pint of finely chopped meat add ¼ cup of chopped blanched almonds, 1 raw egg, ½ teaspoonful salt and a pinch of white pepper. Mould this mixture into balls the size of a walnut; place in an agate baking dish; add 1½ cups strained tomato, which has been seasoned with pepper, salt and celery salt or a little onion juice. Place in a moderate oven for 15 minutes; reduce and thicken by placing over the fire for a few moments. Serve this sauce poured around the balls. Garnish with parsley.

27. **A Ragout.**—Mix ½ cup of cheese with 1 cup of chopped cold meat; season with pepper and salt and ½ teaspoonful of anchovy paste; moisten thoroughly with gravy made with milk or stock; put in a baking dish; cover with a layer of bread crumbs sprinkled with bits of butter and bake about 20 minutes. It may be baked and served in individual ramekin dishes or patty shells.

28. **Pressed Tongue.**—Boil a medium sized tongue four hours very gently; remove the skin as soon as it is taken out of the boiling water; then slice into a chopping bowl and chop fine. Season well with pepper and salt. Put in a little more than ¼ teaspoonful of mace, and lastly add one cup of finely chopped English walnuts. The next day it will be ready to serve. If any other meat is used it will need to be moistened with a little of the liquid in which the meat was boiled.

29. **Dressing for Baked Fowl.**—Chop fine 6 or 8 slices of stale bread; season to taste with salt, pepper and sage; add 1 egg, well beaten, and 2 ounces butter; mix well together and moisten with 1 cup of hot water.

30. **Beef Loaf.**—Grind 1½ pounds of steak; add a little salt; mix into this 1 cup of ground bread crumbs seasoned with salt, pepper and butter the size of an egg, rubbed in; add a cup of sweet milk with an egg beaten into it; mix all together like pie dough; form into a loaf; put into a buttered pie pan and roast and baste from 45 minutes to an hour.

31. **Deviled Ham Loaf.**—Take 2 spoonfuls of cracker or bread crumbs, ¼ pound of deviled ham, 2 cups of milk, using a portion to moisten the ham; stir in 2 eggs; add salt to taste; put into buttered pan and bake 1 hour in a moderate oven. Cut in thin slices, garnish with parsley and serve cold.

32. **Chop Suey.**—Fry ¾ of a pound of shredded white meat of chicken in butter until golden brown; add a little black bean sauce and then add to this the following ingredients, all chopped fine: ½ pound of celery, ¼ pound of mushrooms, ¼ pound of bamboo root, ¼ pound onions and ½ pound of water chestnuts. Fry all this together two minutes and add salt, pepper and a little water. Simmer three minutes longer and serve hot. This will serve six persons. The Chinese ingredients can be purchased at any Chinese store or restaurant.

GAME.

1. **Pheasants, Partridges, Quails, Etc.**—These are nice in flour and laid in a deep dish containing ½ cup of drippings; add pepper and salt and lay nice slices of ham or bacon over the top. When done remove the ham and make a dressing of ½ pint of cream and a dozen chopped oysters, to be added just before serving.

2. **A Delicious Rabbit Fry.**—Cut the rabbit in pieces and quickly wash in cold water. Do not soak it. Have frying pan very hot; then when you have seasoned the meat, roll it in flour and place in a pan, into which drop a tablespoonful of butter and one of lard. Cover with a pan and let the rabbit be very well done before you turn it over to brown on the other side. A rabbit fried in this manner will smell almost as nice as it will taste.

3. **Rabbit Stew.**—Cut up the rabbit, cover with cold water and put over the fire; add a teaspoonful of salt and boil until tender. Have ready hot biscuits broken open and laid on a platter and on each place a piece of the rabbit. Thicken the gravy with 2 tablespoonfuls of flour wet smoothly in a little milk; let it boil a minute, then add a cup of milk or cream and stir well. Pour this over the rabbit and biscuit and serve at once.

4. **Hasenpfeffer.**—After the rabbit has been in salt water for several hours, rinse with clear water. Boil until tender in water containing an onion in which are stuck about a dozen cloves. When tender take from liquor, roll in flour and fry brown in skillet, using equal quantities of butter and lard; just before removing from skillet, sprinkle over a little cinnamon and about 1 tablespoonful of vinegar (more or less to suit taste); cook closely; let smother for a few minutes; remove rabbit; put flour in skillet and brown in remaining grease; add liquor in which the rabbit was cooked to make a nice gravy; pour over rabbit.

FISH AND OYSTERS.

"Master, I marvel how the fishes live in the sea!"
"Why as men do on land; the great ones eat up the little ones."
—*Pericles.*

"Drenched in the sea, hold, notwithstanding, their freshness."—*Tempest.*

"Fruit of the wave! O, dainty and delicious!
Food for the gods! Ambrosia for Apicius!
Worthy to thrill the soul of sea-born Venus,
Or titillate the palate of Silenus!"

In selecting fish see that the eyes are full and not dull and sunken. The flesh should be firm and hard to the touch and should rise at once to the pressure of the finger.

The earthy or muddy taste may be removed by soaking in salt water shortly before using. The skin may be readily removed by pouring boiling water over it and letting it stand a few minutes. Lemon juice whitens fish.

Fish should be cooked the day they are bought. Fresh mackerel, especially, spoil very quickly.

In frying fish, put it into very hot lard and turn as soon as browned on one side. When browned on both sides move the skillet to the back part of the stove, cover and let cook slowly. Use plenty of lard but no butter.

Garnishes are parsley, sliced beets, lemon, lettuce and hard-boiled eggs.

1. **Baked White Fish.**—Fill the fish with a stuffing of fine bread crumbs and a little butter; then sew up the fish, sprinkle with butter, salt and pepper. Bake an hour and serve with egg sauce or parsley sauce.

2. **Boiled Fresh Fish.**—Tie the fish up in a cloth and plunge into salted boiling water. Boil very slowly, allowing eight minutes to the pound. When about half done add a little lemon juice or vinegar. When done, drain, dish carefully and pour drawn butter over it.

3. **Clam Stew.**—Drain off and strain the liquor from 25 clams; cut them up and place with the strained liquor in a stew kettle. Cut into small pieces 5 or 6 potatoes and a small onion; add these to the clams with half a cup of milk, butter the size of an egg, salt and pepper to taste. Stew until done; thicken with gravy and serve hot.

4. **Baked Codfish.**—Three eggs beaten separately, 1 pint of milk, 1 cup of shredded codfish; thicken milk as thick as for cream toast; put the yolks of eggs in while milk and fish are hot; add whites last. Bake 20 minutes.

5. **Fish a la Creme.**—One pint of cold cooked fish, picked in fine pieces; 1 pint of milk, yolks of 2 eggs, 1 small piece of onion, 1 sprig of parsley, 2 tablespoonfuls of flour, 1 tablespoonful of butter. Put milk on to boil in a double boiler; add to it the onions and parsley; rub the butter and flour together and stir into the boiling milk; cook 2 minutes; add the well-beaten yolks of 2 eggs; take from the fire and strain; add pepper and salt to taste. Put a layer of this same in a buttered baking dish, then a layer of fish, another of the same, and so on, having the last layer of the same; sprinkle the top lightly with bread crumbs and put in the oven until a nice brown.

6. **Baked Pickerel.**—Cleanse the fish thoroughly in salt water; split so it will lie flat in the pan; sprinkle with pepper, salt and bits of butter; pour into the pan enough water to keep from burning and bake about 45 minutes. Make a sauce in the proportion of a tablespoonful of flour, a tablespoonful of butter, and half a pint of milk or water; when boiled until smooth, stir in a tablespoonful of lemon juice and serve very hot.

7. **Lobster a la Newburg.**—Two pounds of lobster, yolk of 1 egg, 1 tablespoonful of butter, ½ pint of cream, small wine-glass of sherry, a very little water. Stew lobster slowly with the butter and water for 15 minutes; stir egg, cream and part of the wine and mix with the lobster and stir 5 minutes. Add remainder of the wine just before serving.

8. **Oyster Dressing.**—One pint of oysters. Take the giblets of a chicken boiled until tender; crumb up a loaf of stale bread; heat 1 cup of milk boiling hot; pour the hot milk and water from giblets over the bread; season with salt, pepper and sage. Stir in with a spoon the oysters and 1 egg well beaten. This amount is enough to stuff one chicken.

9. **Oyster Cocktails.**—For one person, take four to six nice large oysters. Sauce:—one tablespoonful of horseradish, 2 or 3 tablespoonfuls of tomato catsup, a pinch of salt, also of Hungarian paprika, dash of tobasco sauce, a few drops of vinegar, also a few drops of lemon juice. Mix thoroughly and pour over the oysters. If oysters are served on the half shell, sauce is served in a sherbet glass, in middle of plate, surrounded by the shells.

10. **Curried Oysters.**—Drain the liquor from a quart of oysters and put it in a sauce pan; add ½ cup of butter, 1 tablespoonful of curry powder, 2 tablespoonfuls of flour, well mixed; let boil; add oysters and a little salt; boil up and serve.

11. **Oyster Omelet.**—Add half a dozen eggs beaten very light to ½ cup of cream; season with salt and pepper and pour into a frying pan with a tablespoonful of butter; drop in a dozen large oysters cut in halves or chopped fine with parsley and fry until light brown; double it over and serve immediately.

12. **Steamed Oysters.**—Wash and drain a quart of select oysters; put them in a pan and place in steamer over boiling water; cover and steam till oysters are plump with edges ruffled; place in heated dish with butter, salt and pepper and serve.

13. **Salmon Loaf.**—Beat 2 eggs, add 1 cup of bread crumbs, 2 tablespoonfuls of melted butter and the fish contained in a pound can of salmon, saving the liquor. Add pepper and salt to taste. Mix and steam in a buttered dish 1 hour. Sauce:—One egg beaten lightly, 2 tablespoonfuls of melted butter and 1 tablespoonful of cornstarch; after mixing stir in 1 cup scalding milk, cook a moment and add the liquor; pour this over the fish and serve.

14. **Turbot.**—Boil a bass or white fish and pick it to pieces; place it in a baking dish; pour over it a pint of milk, 2 eggs, 2 tablespoonfuls of butter, 1 tablespoonful of flour; season lightly; sprinkle cracker crumbs over the top and bake 20 minutes.

15. **Pigs in Blanket.**—Season large oyster with pepper; cut very thin slices of bacon and wrap around the oyster and fasten with a toothpick; fry until the bacon is crisp and brown. No salt will be needed as the bacon contains salt enough.

16. **Salmon Balls.**—One can of salmon free from bones and skin; 3 cold boiled potatoes, chopped fine; 1 egg, beaten and mixed with salmon and potato; salt and pepper; make into little cakes and roll in corn meal or cracker crumbs; fry in hot lard.

17. **Fried Oysters.**—Drain oysters, dip them in cracker meal, then in well beaten eggs, then again in cracker meal; then fry a nice brown in hot lard.

18. **Salmon Chops.**—Take the salmon from one can, remove the skin and bones and mash with a silver fork; put together 2 level teaspoonfuls each of butter and flour, ½ teaspoonful of salt and a dash of cayenne; add the fish, a tablespoonful of lemon juice and 1 teaspoonful of chopped parsley. When cold form into chops, dip in egg and bread crumbs, put a piece of macaroni in the end for a bone and form in shape.

19. **Halibut Steak.**—Wash and dry 2 halibut steaks; butter a fish pan, lay thin slices of salt pork on it, place the steak on this, pour lemon juice over it and dust with salt and pepper; dip ½ pint of oysters in melted butter, then in crumbs and place on fish. Put the second steak over the oysters and season as before, laying thin slices of pork on top. Bake 30 to 40 minutes, basting often with juice from the pan and lastly butter. Remove the pork from the top, cover with buttered crumbs, brown and serve.

20. **Creamed Fish.**—For 2 cups of cold fish or canned salmon flaked fine, make a cream sauce with a tablespoonful of butter and a tablespoonful of flour beaten together with ¼ teaspoonful of salt and a bit of red pepper. Pour a cup of milk on this and stir over the fire until it thickens; add the

fish with a tablespoonful of chopped parsley; pour into a buttered dish and cover with bread or cracker crumbs and bake a light brown.

21. **Codfish Balls.**—Pick apart one cup of fish and put it in a saucepan with one pint of raw cut up potatoes; cover with cold water and boil until potatoes are done; drain well. Wash and stir until light; season with pepper and a teaspoonful of butter. Stir in one egg, well beaten; shape with a tablespoon and fry in smoking hot lard.

22. **Hollandaise Sauce.**—Beat ½ cup of butter until creamy, add yolks of 4 eggs one at a time and beat until blended. Add ¼ teaspoonful of salt, the juice of 1 lemon and a dash of cayenne. Beat until smooth, add ⅓ cup of milk or stock and cook until thickened.

23. **Escalloped Oysters.**—One quart of oysters, 1 quart of rolled crackers or bread crumbs; put into a deep dish, putting alternate layers of oysters and crackers and small pieces of butter; season with pepper and salt. When dish is full, cover with milk. Bake 30 minutes.

24. **Frizzled Oysters.**—Dry a quart of oysters on a napkin, put butter in frying pan, when very hot put in oysters, season with pepper and salt; serve hot.

25. **Baked Shad.**—Make a stuffing of bread crumbs, pepper, salt, butter and parsley and mix this with the beaten yolks of 3 eggs and enough milk to moisten; fill fish and sew or fasten a string around it. Pour over it a little water and some butter and bake as a fowl; an hour or more is required to bake it. Boil up the gravy in which the fish was baked, put in a teaspoonful each of flour, catsup and lemon juice. Pour on as a dressing. To bake salmon, omit stuffing.

26. **Broiled Oysters.**—Dry the required number of large, selected oysters; place on a fine wire broiler, turning often; have some toast ready, butter the oysters, season with pepper and salt, place on the toast, put in the oven for a moment to heat, and serve.

27. **Baked Salmon.**—One can of salmon minced fine, 1 cup of cracker crumbs, 1 cup milk, 1 well-beaten egg, butter the size of a walnut. Bake in a quick oven and garnish with parsley. Serve hot.

28. **Salmon Croquettes.**—Take 1 large can of salmon, free it from the oil and bones and shred it carefully; sprinkle over it a little lemon juice and allow it to stand a few minutes; melt 1 tablespoonful of butter in a sauce pan, mix smoothly in 2 tablespoonfuls of flour, then add slowly 2 cups of milk and season with pepper and salt; then add to it the yolks of 2 eggs, well beaten with a tablespoonful of cream; add the fish and 1½ cups of bread crumbs; cook 3 minutes, remove from fire and when cold make into croquettes; roll in crumbs, then in beaten egg and again in the crumbs; fry in deep hot fat.

29. **Oyster Rarebit.**—Add ½ pound of grated cheese to 2 tablespoonfuls of melted butter. Remove the hard muscle from ½ pint of oysters and cook until they are plump; drain and keep hot. Beat the yolks of 2 eggs until light and add ½ cup of oyster liquor and the oysters and stir into the melted cheese. Serve on squares of toasted bread.

30. **Escalloped Salmon.**—One can of salmon, 3 cups cracker crumbs, butter, salt and pepper. Butter a baking pan and put in a layer of salmon and then a layer of cracker crumbs over which sprinkle some salt,

pepper and bits of butter; add another layer of salmon and cracker crumbs and pour over enough milk to come to the edge of the contents and bake.

CROQUETTES.

1. **Cheese Croquettes.**—The beaten white of 1 egg, ¾ cup of grated cheese, a dash of cayenne pepper and a little salt. Make into small croquettes and roll in cracker crumbs and egg and fry a delicate brown.

2. **Rice and Beef Croquettes.**—Add a little salt to ½ cup of rice and cook. Chop the meat fine, take one part of rice to three parts of meat, season to taste; form into rolls, roll in crumbs, then in egg, then in crumbs, and fry in very hot lard. Add a little onion if desired.

3. **Macaroni Croquettes.**—Boil half a package of macaroni in salt water until soft. A pint of cold boiled beef, boiled until it shreds. Chop both together until very fine; season to taste with pepper and salt; roll into balls, dip in flour and brown in beef suet or butter. Beef suet, smoking, gives the croquettes a prettier brown without so much danger of burning as when browned in butter. This amount will make 16 croquettes.

4. **Salmon Croquettes.**—One can of salmon with liquor drained off, 2 cups of mashed potatoes (use while warm), 2 eggs, mustard, celery seed, nutmeg, ground cloves and allspice; 1 tablespoonful vinegar, 2 tablespoonfuls catsup, a little red pepper and salt. Form into any desired shape, roll in cracker crumbs and fry in hot lard. Try these. They are vey nice.

5. **Veal Croquettes.**—Take 4 cups of cold chopped veal, pepper and salt, and a little lemon juice. One cup of white sauce, mix and let cool. When cool roll them in shape and then roll in sifted bread crumbs. Fry in hot fat.

6. **Rice Croquettes.**—To 1½ cups of cold cooked rice, add 2 eggs, ½ cup of flour, 1 tablespoonful of sugar and ½ teaspoonful of salt. Mix well, and when cold mould and fry as other croquettes.

7. **Hominy Croquettes.**—To a pint of cooked hominy add 2 tablespoonfuls of milk; heat and add 1 tablespoonful of butter; pepper, salt, parsley and onion juice to taste; then add 2 beaten eggs and cook until thick; when cold form into croquettes and fry as other croquettes.

8. **Italian Croquettes.**—Take 1 cup of finely chopped vermicelli, make a sauce of ¼ cup each of flour and butter and a cup of strained cooked tomatoes. Add ¼ cup of chopped mushrooms, the vermicelli and season highly with salt and paprika. Shape and fry as other croquettes.

9. **Sweet Potato Croquettes.**—Work 1 tablespoonful of butter, pepper and salt to taste, into 1 pint of hot mashed sweet potatoes. When cold mould into shape, dip in egg then in crumbs and fry.

10. **Oyster and Veal Croquettes.**—Two cups finely chopped veal, 1 pint raw oysters chopped fine, 2 tablespoonfuls butter, yolks of 4 eggs, 6 tablespoonfuls powdered crackers and 2 teaspoonfuls onion juice. Soak the crackers in the oyster liquor; soften butter and mix all ingredients. Shape and dip in egg and cracker crumbs and fry.

11. **Potato Croquettes.**—To a pint of hot mashed potatoes, add 1 tablespoonful of butter, the yolk of one egg, salt and pepper, a little onion juice and a little parsley. Cook all together and then cool and make into balls and fry in hot lard.

SOUPS.

(Including Soup Stocks, Bouillon and Broths.)

"Let onion atoms lurk within the bowl,
And, half suspected, animate the whole."
—*Sidney Smith.*

Always use cold water in making soups as the juices of the meat are thus extracted, while if the meat is put into hot water the outer part is quickly seared and the juices retained. Use a quart of water to a pound of meat and allow a quart of soup for three or four persons. It is very necessary that the soup be thoroughly skimmed and all grease should be removed. Long and slow simmering is necessary to get all the strength from the meat.

There are two kinds of soup or stock—white and brown. The white is made from either veal or fowls while the brown is made from beef.

In making vegetable soups cook the vegetables separately and add to the soup just before taking from the fire. Celery seed will be found an excellent substitute for celery. The best herbs for seasoning soups are sage, mint, tarragon, sweet marjoram, thyme, sweet basil, bay leaves, parsley, cloves, mace, celery and onions.

Scorched flour or burnt sugar are used to color soups. Season lightly at first for more may be added if desired.

Never put soups or gravies in tin or copper and it is best to use a wooden spoon.

1. **Asparagus Soup.**—Take a can of asparagus, 1 pint of cream or milk, 1 pint of white stock, 1 tablespoonful of chopped onion, 2 tablespoonfuls of butter, 2 tablespoonfuls of flour, 1 teaspoonful sugar and ⅛ teaspoonful pepper. Cut off and lay aside the heads of asparagus, cut stalks into short pieces and put them on to boil in a stew pan with the stock. Put onion and butter in a small frying pan and cook slowly for ten minutes, then add flour; stir until mixture is smooth and frothy, but not brown. Add this, together with the sugar, pepper and salt, to the stock and asparagus and simmer for 15 minutes; then rub the soup through a sieve and return it to the stew pan. Add cream and asparagus heads and after boiling up once, serve without delay. In case fresh asparagus be substituted for canned, use two bunches. Cook them in the stock or water for 20 minutes. Remove the heads for later use and proceed with the cooking the same as when canned asparagus is used.

2. **Bean Soup.**—Boil 1 quart of beans until soft, rub through a colander to remove hulls. Return soup to the fire, season well with pepper and salt, and add a few spoonfuls of cream; serve with small squares of toast. Some prefer corn bread with bean soup. If desired a small piece of bacon may be boiled with the beans as it adds richness and flavor to the soup.

3. **Potato Soup.**—One quart of milk with a small onion scalded in it, 1 pint mashed potatoes, 1 heaping tablespoonful of flour and as much butter as you like; pepper and salt to taste.

4. **Tomato Soup.**—Heat, then mash fine 1 pint of tomatoes; add ½ teaspoonful soda. Pour in 1 pint or more if desired. Season with salt, pepper, butter and a little sugar. Just before serving add rolled crackers.

5. **Noodles for Soup.**—One pint of flour, 1 teaspoonful of baking pow-

der, salt and as much water as 1 egg shell will hold; roll thin, cut into narrow strips, dry them and boil in the soup for 10 or 15 minutes.

6. **Tomato Bisque.**—One quart milk, 1 quart tomatoes, 1 tablespoonful butter, 1 teaspoonful soda, 1 tablespoonful flour, pepper and salt. Cook and strain the tomatoes. Place the butter in basin, when hot rub in the flour, then add the milk slowly. When ready to serve add soda to tomatoes, then the thickened milk. Serve with whipped cream. A stick of celery boiled with tomatoes improves the flavor.

7. **Celery Soup.**—One head celery, 1 pint of milk, 1 pint of water, 1 tablespoonful rice, 1 tablespoonful butter, 1 tablespoonful flour, 1 tablespoonful chopped onion, ½ teaspoonful pepper, ½ teaspoonful salt. Mash and scrape the celery, cut into half-inch pieces, put it into a pint of boiling water (salted) and cook until very soft. Mash in the water in which it was boiled. Cook the onions with the milk in a double boiler, ten minutes, and add it to the celery. Rub all through a strainer and put it on to boil again. Cook the butter and flour together in a small sauce pan until smooth, but not brown, and stir into boiling soup. Add pepper and salt; boil 5 minutes and strain into tureen. Serve very hot.

8. **Soup Stock.**—Five and a half quarts of cold water, 1 shin of beef, 1½ tablespoonfuls of salt, 1 onion with several cloves stuck in it, 1 carrot, 1 sprig of parsley, 1 stalk of celery or ½ teaspoonful of celery seed, 1 turnip. Pour water on the meat, add pepper and salt, place on the back of the stove to heat through slowly; in about 30 minutes put over a hot fire and when it begins to steam, skim and cover closely; put over a moderate fire, allowing it to simmer (not boil) for three or four hours; add vegetables, allow it to boil one hour longer, then take from the fire and strain; when cold take grease from the top and it is ready for use.

9. **Bisque of Oysters.**—One pint of oysters, 1 pint of milk, 1 tablespoonful flour, 1 tablespoonful butter, yolk of one egg, pepper and salt to taste. Drain the oysters, adding to the liquor enough cold water to make 1 cup of liquid. Chop half of the oysters fine; bring the liquor to a boil, skim, add the chopped oysters and simmer ten minutes. Scald the milk, rub the flour and butter together until smooth, add to the milk and stir until it thickens. Add the whole oysters to the oyster liquor and as soon as their edges curl, remove all from fire; add the beaten yolk of the egg to the milk; take at once from the fire and mix with the oysters and their liquor. Season and serve at once.

10. **Vegetable Soup.**—Make nice stock with soup bone, 6 potatoes cut in dice, ½ head cabbage, 2 onions cut fine, 2 pieces celery cut fine, ½ cup rice, 3 tomatoes or ½ can.

11. **White Soup.**—Boil 2 quarts of meat broth; beat 3 eggs well; 2 cups milk; 2 spoonfuls flour; pour these gradually through a sieve into the boiling soup; salt and pepper to taste.

12. **Clam Soup.**—Chop fine the required number of clams, then cook in a little water with butter, salt and pepper; when almost done, put in milk or cream and in soup enough for 4 persons put 1 cup of rolled crackers. Serve hot.

13. **Split Pea Soup.**—Take 2 pounds of split peas, wash and put in sauce pan with 2 quarts of water and boil for an hour; drain off the water and add 4 quarts of good strong stock, a ham bone and 1 onion and 1 carrot chopped

together. Let all boil together slowly for 3 or 4 hours, put through a sieve, season to taste and serve with toasted bread.

14. **Tomato Soup.**—Take 1 can of tomatoes, 3 small onions and a pint of water; stew for 1 hour, remove from stove and strain through a sieve; add pepper, salt, butter size of a walnut, small pinch of soda, 1 cup of milk; let come to a boil; crumble into this 4 soda crackers.

15. **Cream of Celery Soup.**—Boil 5 celery roots, if they may be had, in salt water until tender, then put through a fine sieve; heat 1 large cup of milk and 1 quart of stock. One large tablespoonful of butter and 2 tablespoonfuls of flour mixed to a cream, add this to the stock and celery and boil in double boiler until like cream.

16. **Bouillon.**—Chop 1 pound of beef (from the round) in very small pieces, and cover with a pint of cold water; add a sprig of parsley and a stalk of celery. Stir with a wooden spoon until the meat is almost white. Let it stand away from the fire for 30 minutes. Place it over the fire and bring quickly to the boiling point; add 1 teaspoonful of salt and a little pepper. Strain through a napkin, color with caramel and it is ready to serve.

17. **Beef Broth.**—One pound of lean beef, minced; 1 quart of cold water; 2 tablespoonfuls of rice; boil 1 hour, strain, and add salt and pepper to taste.

EGGS.

Including Various Ways of Cooking Eggs and Making Omelets.

"New laid eggs whose praise
Is sung by pullets with
Their morning lays."
—*Saxe.*

The fresher eggs are, the better and more wholesome they will be. Eggs over a week old may be fried but should not be boiled. To tell good from bad eggs they should be put into water. The good ones will lay on their side while those that turn with the large end upward are bad and should be rejected.

When eggs are plenty and cheap they may be preserved for future use by packing in salt, being careful not to allow them to touch. It seems to be a disputed question whether the large or small ends should be put down. To keep eggs for one's own use they may be dipped in melted wax or in flax seed oil or rubbed with lard, then packed in oats or bran.

The eggs of ducks and geese are too coarse to be eaten alone, though they are frequently used in cooking.

In breaking eggs they should be broken separately over a cup, to be sure they are perfect. The shells, washed, may be saved for settling coffee.

In poaching eggs the hot water should be salted and if a little vinegar is added it will aid in setting the whites.

Three minutes will boil an egg soft; five minutes will cook the white hard but not the yolk; eight to ten minutes will cook it hard clear through;

ten to fifteen minutes will cook it hard enough to slice or to serve with salads.

While boiling an egg eight or ten minutes renders it tough and harder to digest, if it be boiled for half an hour it will become tender and mealy and will be more easily digested than either raw or soft boiled eggs. When boiled for half an hour eggs may often be eaten by sick people when they cannot eat them if prepared in any other way. For this reason many doctors now recommend them for convalescents.

It has been claimed that eggs may be served in nearly six hundred different ways. However this may be, they form one of man's principal articles of diet and as they are generally obtainable we will give a number of the simpler ways of preparing them so that the housewife may perhaps find several new ways to serve this nutritious food.

1. **Creamed Eggs.**—Have a pan of a size that eggs cannot spread much. Butter it thoroughly and break eggs into it carefully. Put small pieces of butter, and a tablespoonful of cream, over each egg; salt and pepper; bake for about five minutes to have the eggs done; to have them hard and eat cold, bake longer.

2. **Egg Gems.**—Mix together 1 pint of bread crumbs and 1 pint of chopped meat; season with pepper, salt and a little butter; moisten with a little milk or water; heat this mixture thoroughly; fill gem or patty pans with the mixture; break an egg on the top of each and bake until the eggs are cooked. Cold roast beef or pork that is very lean will be especially nice for this dish.

3. **Ox Eyes.**—Cut off 2-inch pieces from a long, round loaf of bread; carefully cut the crust and scoop a portion out of the center of each piece; then place in a deep buttered dish; for 3 pieces, beat well together two eggs and add a pinch of salt and ¾ cup of milk; baste this over the bread, adding more until all the liquid is absorbed; carefully break an egg into the cavity in each piece and bake in a hot oven.

4. **Baked Eggs with Cheese.**—Butter and place a thin piece of cheese in the bottom of each egg dish; then break carefully an egg into each; for each egg take a tablespoonful of bread crumbs and grated cheese, a dash of paprika and salt sprinkled over each egg; and on top place a bit of butter and set in a hot oven until eggs are set; serve at once.

5. **Eggs in Tomatoes.**—Take fine tomatoes, one for each person to be served, and cut top off each; scoop out the seeds and break an egg into each tomato; season with salt, pepper and butter; sprinkle top with bread crumbs and bake in hot oven.

6. **Egg Nest Toast.**—Toast as many slices of bread as desired; dip quickly in salted water; butter and put into a baking pan in the warming oven. Take as many eggs as you have slices of bread; beat whites to a stiff froth; place a spoonful on each slice of toast, making a little dent in the center in which place the yolk, and set all in oven to brown lightly; be very careful not to break any of the yolks as they look very pretty in each nest.

7. **Deviled Eggs.**—Cut open 6 hard-boiled eggs and make the filling of the yolks. Mash fine with fork; add 1 teaspoonful of butter, ½ spoonful of sugar, pinch of salt and pepper and mustard to taste; add enough vinegar to moisten, and fill the whites; a little chopped ham or lettuce or parsley or cheese may be added if wished. Served on lettuce leaves.

8. **Eggs a la Creole.**—Butter the molds well (muffin pans will do),

scatter finely chopped parsley in the bottom and sides; break an egg into each mold and steam or bake until the white is set. Have rice thoroughly boiled and piled in the center of an oblong dish, with eggs arranged around the edge. Pour the following tomato sauce over all: Two cups strained tomatoes, 1 tablespoonful of onion juice, 4 whole cloves, 4 whole peppers and 1 tablespoonful each of parsley, cornstarch, butter and sugar; let boil 15 minutes, then add 1 tablespoonful of capers. This is good to look upon as well as to eat and the sauce is delicious on deviled fish of all kinds.

9. **Shirred Eggs.**—Put 1 teaspoonful of cream into each baking cup, or grease gem pans and break an egg into each. Sprinkle with salt and pepper and put a small bit of butter on top when no cream is used. Bake in hot oven ten minutes.

10. **To Coddle an Egg.**—Put the egg into enough boiling water to cover it and at once remove the water from the stove so that the egg will cook slowly; leave it in the water for 7 or 8 minutes. When broken open the white should look like jelly.

11. **Baked Eggs.**—Break eight eggs into a dish that has been well buttered; add three tablespoonfuls of cream, salt, pepper and bits of butter; bake in oven for about twenty minutes; serve while very hot.

12. **Bird's Nest.**—After removing the shells from some hard-boiled eggs surround the eggs with forcemeat; bake or fry them until well browned; cut in halves and place in the dish with gravy.

13. **Curried Eggs.**—Fry two sliced onions in butter; add a pint of good stock or broth and a tablespoonful of curry powder; stew till onions are tender; add a cup of cream which has been thickened with rice flour or arrowroot; simmer a few moments; add eight or ten hard-boiled eggs which have been cut in slices and beat them well, but do not boil.

14. **Escalloped Eggs.**—Place a layer of bread crumbs moistened with meat broth or milk into a well-buttered dish; slice hard-boiled eggs and dip each slice in a thick drawn butter sauce to which has been added a well-beaten egg; put a layer of these slices of egg upon the bread crumbs; upon the layer of eggs put a thin layer of minced veal, ham or chicken; then add another layer of bread, etc., finishing with dry, sifted bread crumbs; bake until thoroughly heated. Another way is to mix equal parts of fine bread crumbs and minced ham and season with pepper, salt and melted butter; moisten this with milk until quite soft; butter the gem pans and fill half full of this mixture; then carefully break an egg upon the top of each; dust with pepper and salt and sprinkle finely powdered crackers over all; bake in the oven for eight minutes and serve at once.

15. **Frizzled Ham and Eggs.**—Prepare the skillet with butter or beef drippings and put into it some finely chopped, boiled or fried ham; pour over this from four to six well-beaten eggs and after it is heated through season with pepper and salt; stir all together; cook until brown and turn without stirring.

16. **Poached Eggs.**—Put water into a shallow stew pan over the fire and add salt and a tablespoonful of vinegar. The vinegar aids in "setting" the egg. When the water boils, carefully break the eggs into it one at a time, let them simmer two minutes, take them up carefully with a strainer and serve on toast cut into fancy shapes; garnish with parsley.

17. **Fried Eggs.**—The frying pan should be perfectly clean when frying eggs; butter, dripping or cottonseed oil may be used. As soon as the

pan is hot break the eggs into a cup and put them one at a time into the pan. As they fry raise the eggs from the bottom and give them a slight shake. Dip some of the hot butter over the yolk. They will be done in two or three minutes and should be taken out and the grease allowed to drain off. Serve on slices of bacon.

18. **Scrambled Eggs.**—Melt a tablespoonful of butter over a hot fire, add four beaten eggs and stir quickly for one or two minutes. Salt and pepper to taste. Some increase the quantity by adding three-fourths of a cup of milk. The butter should then be put in first and the other ingredients added and stirred until the whole thickens. When done it should be soft and creamy. Fine served on toast.

19. **Eggs a la Creme.**—Slice twelve hard-boiled eggs in thin rings. Spread bits of butter in the bottom of a deep baking dish and put in a layer of bread crumbs and then a layer of the sliced eggs; cover with bits of butter and dust on pepper and salt. Continue thus till the dish is nearly full. Crumbs spread with bits of butter should cover all the eggs. Over the whole pour a pint of sweet milk or cream and bake in a moderate oven.

20. **Eggs, Newport Style.**—Soak a pint of bread crumbs in a pint of milk. Stir the soaked crumbs with eight eggs beaten very light, beating five minutes. Have ready a sauce pan containing two tablespoonfuls of butter which is very hot but not scorching; pour in the mixture of eggs and crumbs and season with salt and pepper as the mixture is stirred and scrambled. Stir quickly with the point of a knife for three minutes or until the mixture is thoroughly heated. This should be served on a hot platter with squares of buttered toast.

21. **Stuffed Eggs.**—Cut six hard-boiled eggs in halves, take out the yolks and mash them fine; add one teaspoonful of cream, two of butter, two or three drops of onion juice, and pepper and salt to taste. Mix thoroughly and fill the whites with the mixture and put them together. To the filling which is left add a well-beaten egg. Cover the eggs with this mixture and roll in cracker crumbs. Put into boiling fat and fry a light brown.

22. **Cupped Eggs.**—Take the required number of cups and put into each a spoonful of highly seasoned brown gravy; have a sauce pan of boiling water on the stove and set the cups into it and when the gravy is heated drop an egg into each cup; take the sauce pan off the stove and keep it covered close until the eggs are cooked tender; dredge with salt and nutmeg. Serve in a plate covered with a napkin.

23. **Eggs a la Mode.**—Peel a dozen medium sized tomatoes and cut them up in a sauce pan; add salt, pepper and a little butter; when sufficiently boiled add six beaten eggs just before serving and stir one way for two minutes.

24. **Buttered Eggs.**—Heat and grease the muffin irons; break an egg into each ring; put salt, pepper and a lump of butter on each; set in the oven until slightly browned; remove with a fork and serve hot.

25. **Egg Fricassee.**—Warm and butter well some individual vegetable dishes, break a couple of eggs into each, season with pepper and salt, bake till the whites are set, serve in the dishes they are baked in and garnish with watercress.

26. **Dropped Eggs.**—Lay the muffin rings in a pan of boiling salted water and carefully drop an egg into each ring. When the whites have set

take the eggs up with care and lay each on a piece of buttered toast that has been moistened with hot water. Sprinkle each with salt and pepper.

27. **Steamed Eggs.**—Break the eggs into a buttered tin plate and set in a steamer over a kettle of boiling water and steam until the whites are cooked. They will keep their form better if broken into patty tins. If cooked in this way the whites will be light and tender and not leathery as when cooked other ways. Excellent for invalids.

28. **Frizzled Eggs.**—Put a pinch of salt and a little pepper into a teacup with a piece of butter the size of a hazelnut. Break in two eggs without stirring and set the cup in a pan of boiling water. When the whites are set, serve at once in the cup they were cooked in.

29. **Potted Eggs.**—Pound the yolks of a dozen hard-boiled eggs with anchovy sauce; mix to a paste with two ounces of fresh butter and season with two teaspoonfuls of salt and one teaspoonful of white pepper. Have ready some small pots and while filling with the paste strew in the chopped whites of the eggs. Cover the tops with clarified butter. Can not be kept long.

30. **Eggs a la Suisse.**—Spread two ounces of fresh butter over the bottom of a dish, cover with grated cheese and break eight whole eggs upon the cheese without breaking the yolks. Season with red pepper and salt if needed; pour a little cream over the eggs; sprinkle about two ounces of grated cheese over the top and place in a moderate oven for about fifteen minutes. Brown by passing a hot salamander over the top.

31. **Eggs Brouille.**—Cut two mushrooms into dice and fry for a minute in a tablespoonful of butter. Beat together six eggs, ½ cup of milk or cream, 1 teaspoonful of salt and a little pepper and put them in a sauce pan. Add the mushrooms and two tablespoonfuls of butter and stir over a moderate fire until the mixture begins to thicken. Remove from the fire and beat rapidly until the mixture becomes thick and creamy. Heap the mixture on slices of toast on a hot dish, garnish with points of toast and serve at once.

32. **Pickled Eggs.**—Boil sixteen eggs for twelve minutes, dip into cold water and remove the shells. Into a stew pan put one quart of vinegar, one-half ounce of Jamaica pepper, one-half ounce of black pepper and one-half ounce of ginger; simmer for ten minutes. Put the eggs into a jar and pour the boiling vinegar over them and when cold tie a bladder over the jar to exclude the air. In a month they will be ready for use.

33. **Eggs a la Bonne Femme.**—Boil six large eggs for ten minutes and when cool carefully remove the shells; cut in halves and take out the yolks. Cut a small piece off the point of each of the whites that they may stand on end like cups. Make very small dice of cold chicken, ham, boiled beets and the eggs. Fill the whites to the brim with the dice and pile the dice high in the center—two of beets, two of ham and chicken and two of hard yolks. Put some lettuce on dish and arrange the eggs amongst it.

34. **Breaded Eggs.**—Cut some hard-boiled eggs into thick slices; salt and pepper each slice and dip it into beaten raw egg, then in powdered cracker crumbs or very fine bread crumbs and fry in very hot butter. Drain off all the grease and serve while hot.

35. **Lunch Eggs.**—Remove the shells from the desired number of hard-boiled eggs and cut the eggs lengthwise in halves. Remove the yolks and

crumble in a bowl. Add pepper, salt, mustard and a little melted butter; mix thoroughly, fill the whites with the mixture and serve.

36. **Frothed Eggs.**—Mix a tablespoonful of water with the juice of a lemon and beat it up with the whites of four eggs and the yolks of eight. Add a pinch of salt and sweeten to taste. Fry carefully (about four minutes) in an omelet pan. Have ready the remaining four whites whipped to a froth with a pound of fine sugar and flavored with lemon or vanilla. Put the omelet on a dish and heap the frothed egg over it. Brown lightly in the oven. For four persons.

37. **Eggs in Paper Cases.**—Make a seasoning with a cupful of fine bread crumbs, 1 clove of garlic, 1 teaspoonful of green onions, 1 teaspoonful of chopped parsley, pepper and salt. Paint thickly the inside of six small paper cases with melted butter and sprinkle a little seasoning into each. Break an egg into each case and cover with more of the crumbs. Bake in a gentle oven until the eggs are set, then serve in the cases. The eggs may be baked in small molds if desired and then turned on a dish before serving.

OMELETS.

As will be seen from the recipes, opinions differ as to the way an omelet should be made, but the following general directions have given good results.

The yolks should be beaten lightly. Much beating will make them too thin and it is said that twelve beats is the magic number. Add the milk, pepper, salt and flour if it is used, and lastly add the whites beaten to a stiff froth. The skillet should be as hot as possible without scorching the butter; after putting in a tablespoonful of butter the omelet should be poured in and it should begin to bubble and rise in flakes at once. It should be raised from the bottom occasionally with a thin, broad-bladed knife to prevent burning. Fold over as soon as the under side is set enough to hold together. Shake the skillet so as to free the omelet, slide it carefully on a hot platter and serve at once. It should be cooked in from three to five minutes.

1. **Omelet.**—One cup of milk, 3 eggs, 1 heaping tablespoonful of flour, and a little salt. Beat the eggs separately; stir milk, flour and eggs together; turn into a hot frying pan. Cook with plenty of butter; cut in quarters and fold over the other.

2. **Potato Omelet.**—One cup of cold mashed potatoes, put again through the ricer; 2 eggs, beaten separately; salt; drop from a spoon on a hot, well-buttered skillet; when brown turn and brown on the other side. Serve at once.

3. **French Omelet.**—Thoroughly beat 8 eggs separately; add to the yolks 8 tablespoonfuls of sweet milk, 1 tablespoonful of flour, 1 tablespoonful of good baking powder, pepper and salt; beat well together; then fold in lightly at the last, the beaten whites. Have ready a skillet with melted butter, smoking hot, and pour in the mixture; let cook on bottom, then put in oven from 5 to 10 minutes; serve at once.

4. **Baked Omelet.**—One cup of boiling milk, 6 eggs, 1 teaspoonful of cornstarch, mixed with a little cold milk; season with salt and pepper; beat the yolks of eggs light and pour upon them the boiling milk; stir in the cornstarch; whip in the beaten whites of eggs; have dish well buttered and hot; then pour in omelet and bake 12 minutes, or until set in middle. Serve at once.

5. **Jelly or Marmalade Omelet.**—Make a plain omelet and just before turning one half over the other spread it with jelly or marmalade.

6. **Ham Omelet.**—Make a plain omelet and sprinkle on some finely chopped ham just before turning one half over the other. Garnish with small pieces of ham.

VEGETABLES.

Serenely full the epicure would say—
"Fate cannot harm me—I have dined to-day."
—*Sidney Smith.*

1. **Boston Baked Beans.**—Wash one quart of small white beans and soak them over night in soft water. In the morning drain and put with them 1 pound of fresh pork and boil until the beans begin to split open. Put them in a colander and rinse with cold water; then put about half of them in an earthen pot, lay in the pork, cover with the remainder of the beans. Mix 1 tablespoonful of molasses and 1 teaspoonful of mustard with a teacup of water and pour over the beans, adding enough boiling water to cover. Bake 4 hours, adding water occasionally.

2. **Corn Oysters.**—One pint of green corn, or canned corn will do; a small cup of flour, 1 well-beaten egg, 1 tablespoonful sweet cream, ½ teaspoonful of salt. Mix well and fry like oysters in butter.

3. **Corn a la Southern.**—To one can chopped corn or kornlet add 2 eggs slightly beaten, ⅛ teaspoonful pepper, 1 teaspoonful of salt, 1½ tablespoonfuls melted butter and 1 pint scalded milk. Turn into buttered pudding dish and bake in slow oven until firm.

4. **Baked Corn.**—One can corn, 3 well-beaten eggs, 2 tablespoonfuls butter, 1 tablespoonful sugar, ½ pint sweet milk, pepper and salt to taste; thicken with cracker crumbs and bake an hour. Very nice for a luncheon.

5. **Corn Pudding.**—One pint grated corn, 1 pint of milk or, if canned corn is used, then less milk, 1 tablespoonful of flour wet with milk, a pinch of salt, 2 tablespoonfuls sugar, 2 eggs, a few bits of butter on top. Bake about an hour in a slow oven. Stir when beginning to brown.

6. **Celery on Toast.**—Use coarse stalks of celery left from table; scrape them and cut into half-inch lengths; cover with water and cook very slowly for an hour. When nearly done let the water cook away until almost dry; cover with a cream dressing made of milk, butter and flour; season with pepper and salt and serve on small square slices of toast, keeping as hot as possible.

7. **Southern Cabbage.**—Chop fine a medium sized cabbage; put into a stew pan with boiling water to cover; boil 15 minutes; drain off all the water and add the following dressing: ½ teacup vinegar, ⅔ as much sugar, pepper and salt, ½ teaspoonful salad oil or butter. When boiling hot add 1 teacupful cream or milk and one egg stirred together. Mix thoroughly and at once with cabbage and cook a moment. Serve hot. Very delicate and good.

8. **Cauliflower.**—Trim off the outside leaves from cauliflowers that are close and white, cut off the stalk flat at the bottom, let them lie in salt and water, heads down. for an hour before boiling. Put them in boiling water

with plenty of salt, skim it well and let cook slowly, and take up as soon as done. Too much cooking will spoil it. Cook 15 or 20 minutes, according to size of head. Serve with white sauce.

9. **Egg Plant.**—Pare the egg plant and slice it thin; sprinkle each slice with salt; lay slice upon slice and place a plate upon the top. The salt will drain out the disagreeable, bitter flavor. Half an hour before serving wipe each slice dry, dip into beaten egg, then in fine cracker crumbs and fry in plenty of hot butter; drain on a brown wrapping paper as they come from the frying pan, crisp and brown. Serve at once on a hot platter.

10. **Fried Mushrooms.**—Peel the mushrooms and put into butter; let them heat thoroughly through (too much cooking toughens them); season well with butter, salt and pepper and serve on buttered toast.

11. **Escalloped Onions.**—Fill a buttered pudding dish with alternate slices of onions and cracker crumbs (some prefer flour); season with butter, salt and pepper and pour over the whole a cup of milk. Bake slowly for 30 minutes or until the onions are done.

12. **Baked Onions.**—Boil the onions in salt water until tender. Put in a well buttered pan, cover with bread crumbs and bits of butter, salt and pepper and bake till done.

13. **Creamed Potatoes.**—Peel the potatoes and cut into half-inch dice. Cover with water and boil until tender. Drain and, for every pint of potatoes, add a cup of cream sauce made as follows: Cook 1 tablespoonful each of flour and butter together until they bubble; then add slowly, while stirring, 1 pint of hot milk with salt and a very little pepper, and the whole should be stirred and cooked to a thick cream. Left-over potatoes may be used for this dish. Place them in a stew pan and cover with milk, let simmer until milk is absorbed. Add the cream sauce.

14. **Stuffed Potatoes.**—Wash some fine large potatoes and bake until just done; remove from the oven and cut in halves and remove the inside; mash this until very smooth and season with butter and salt or cream and salt. Refill the shells; place in a shallow pan with uncut end down and return to oven for 15 minutes, or until a delicate brown, and serve immediately.

15. **Potato Fluff.**—Boil a dozen medium sized potatoes until tender. When done remove the skins and rub through a colander; add ½ pint of hot milk or cream and 2 tablespoonfuls of salt. Beat until soft and then stir in carefully the well-beaten whites of 3 eggs. Heap in a baking dish and bake in the oven. Serve at once.

16. **Glazed Sweet Potatoes.**—Wash and pare half a dozen medium sized potatoes. Cook 10 minutes in boiling salted water; drain, cut in halves lengthwise, and put in buttered pan. Make a syrup by boiling ½ cup sugar, 1 tablespoonful butter and 2 tablespoonfuls water, 3 minutes. Brush potatoes with syrup and bake 15 minutes, basting twice with remaining syrup.

17. **Spinach.**—Pick and wash the spinach with great care; drain it and throw it into boiling water; cook only a few minutes. Press out all the water; put spinach into a stew pan with a piece of butter, some salt and pepper, chopping it while cooking. Serve it with poached eggs, or hard-boiled eggs sliced or grated over the top.

18. **Squash Cakes.**—One cup of squash, sifted; 3 cups of flour or enough to mix thick with a spoon, 1 tablespoonful vinegar, 1 tablespoonful butter, salt, 1 egg, 1 cup milk, 2 teaspoonfuls baking powder. Bake in gem pans in a quick oven, or put on a pan by spoonfuls and bake as drop cakes.

19. **Salsify or Vegetable Oyster.**—Prepared as vegetable or soup this is a most delicious vegetable if properly cooked. They should be scraped under water or they will turn brown and they should be served as soon as taken from the stove. When used as a vegetable, cut lengthwise; cut in short pieces and cook until tender; drain; and season with butter, salt and pepper and cream, if desired. When used for soup, cut crosswise in thin slices and cook slowly for a long time. A little salt codfish added is a great improvement.

20. **Roasted Tomatoes.**—Dip the tomatoes into hot water and remove the skins; cut a piece from the stem end and scoop out a little of the pulp and place a small piece of butter in the cavity; dust with salt and a little cayenne pepper; replace the top; sprinkle with crumbs. Put a little piece of butter on each and place on a slice of bread; cut out with a biscuit cutter; put into a baking pan and bake in a moderate oven 15 or 20 minutes.

21. **Tomatoes a la Spanish.**—Peel tomatoes without scalding and cut into small pieces. To each pint of tomato add 1 small onion, ½ teaspoonful salt, 1 teaspoonful sugar and ½ small green hot pepper, leaving out seeds. Cut onion and pepper very fine and add 2 tablespoonfuls of vinegar. Eaten as a relish.

22. **Escalloped Potatoes.**—Peel and slice the potatoes and place a layer in a baking dish; sprinkle with flour; season with pepper, salt and butter; repeat this until pan is nearly full; cover with milk or cream and bake until potatoes are done.

23. **Potato Croquettes.**—Pass 6 boiled potatoes through a sieve and add to them 3 tablespoonfuls of ham grated or minced fine, a little grated nutmeg, salt and pepper to taste and chopped parsley; work the yolks of 3 or 4 eggs into this mixture, then make in balls and roll in bread crumbs and fry.

24. **Corn and Tomatoes.**—Cook the desired amount of tomatoes; then cut the corn from several cobs that have been boiled, add to tomatoes and season well; cook until corn is thoroughly heated; if the mixture is too thin, add more corn.

25. **Stewed Onions.**—Peel and boil the onions in salted water till tender, changing water twice while boiling; drain; add milk and flour enough to slightly thicken and season with butter, pepper and salt.

26. **Fried Egg Plant.**—Peel and cut in slices about ½ inch thick, sprinkle with a little salt and let it stand 1 or 2 hours; then dip first in beaten egg, then in cracker dust and fry in hot butter; season with pepper and salt while frying; serve while hot.

27. **Potatoes on Half Shell.**—Bake 3 potatoes; carefully cut them in halves lengthwise; scoop out in hot bowl; mash and add 1 even tablespoonful butter, 1 tablespoonful hot milk, pepper and salt to taste; beat whites of 2 eggs stiff and mix; fill the skins with this mixture and brown in oven.

28. **Escalloped Corn.**—One can corn, 1 quart milk, ½ pound rolled crackers, 1 tablespoonful butter, pepper and salt to taste; bake brown in a quick oven.

29. **Potato Rolls.**—Roll out a light biscuit dough about ½ inch thick, then cut the potatoes about the same thickness and lay them on the crust and then roll up and put in the pan with your roast, having plenty of water in the pan; after roast is done, lift your roll out on a plate; then make a gravy and serve with roll. This is fine.

30. **Carrots with Milk.**—Wash, scrape and slice the carrots; boil soft,

drain, almost cover with milk, season with salt, pepper and butter; make thickening with milk and flour; stir in carrots, let boil a few minutes and serve.

31. **Potato Puffs.**—Stir 2 tablespoonfuls of melted butter into 2 cups of cold mashed potatoes; beat to a cream and then add 2 beaten eggs, 1 cup of milk and salt to taste; pour into a deep dish and bake in a quick oven.

32. **Escalloped Tomatoes.**—Put a layer of bread crumbs in a buttered dish, then a layer of tomatoes, then a layer of corn; sprinkle with pepper, salt and bits of butter (a little onion may be added if desired); then another layer of crumbs, another of tomatoes, corn and seasoning, until the dish is filled; the corn may be omitted, it is just as good without.

33. **Stewed Cucumbers.**—Slice cucumbers in pieces ½ inch thick; boil 10 minutes in hot water; drain; then add milk, butter, pepper and salt; boil 5 minutes.

34. **Roast Pork and Lima Beans.**—Put roast of pork into large roast pan, leave room enough on each side for vegetables; cook 1 pint of lima beans tender, season with pepper and salt, then put in roast pan on one side of meat, potatoes on the other side; cook until all are done. The beans should be a light brown.

35. **French Stew.**—One pound fresh, lean pork, cut in pieces; 2 cups potatoes cut in dice; 3 good sized onions; water to cover the whole; pepper and salt to taste; cook slowly for 45 minutes.

36. **Fried Tomatoes.**—Slice thickly some ripe tomatoes, dip in beaten egg and cracker crumbs and brown in skillet with hot butter, turning often. After tomatoes are taken out make a dressing by adding milk and flour to what remains in skillet. Pour over tomatoes. Salt to taste.

37. **Corn Mock Oysters.**—One-half dozen ears of young sweet corn grated, 3 tablespoonfuls of sweet milk, 1 teaspoonful salt, 1 egg, 1 teacupful of flour; drop with a spoon into hot fat or butter and fry as oysters.

RELISHES, CHEESE, AND CHAFING DISH COOKERY.

Some are to be tasted, others to be swallowed, and some to be chewed and digested.—*Bacon.*

1. **Macaroni and Cheese.**—Boil ½ box of macaroni in salted soft water, wash in cold water, grate a pound of cheese (cream preferred), mix cheese with 1 pint of bread crumbs; place macaroni in baking dish with cheese and crumbs over it; season with pepper, salt and butter; almost cover with milk and set in oven until brown.

2. **A Delicious Omelet.**—Four well beaten eggs, 1 cup of milk in which is soaked ½ cup of bread crumbs, salt to season; mix all and pour in a hot frying pan in which is a generous piece of butter; cook slowly for 10 minutes and turn out on a hot platter.

3. **Nut Loaf (A Vegetarian Dish).**—One cup rolled crackers, 1 cup chopped English walnuts, beaten yolks of 2 eggs, season with pepper and salt, 2 teaspoonfuls sugar, stir in a large cup of sweet milk, fold in the beaten whites of 2 eggs, put in a deep buttered pan and bake in a slow oven.

4. **Deviled Eggs.**—Remove the shells from cold hard-boiled eggs, cut in halves and remove the yolks, put in a bowl; add pepper, salt, butter and vinegar to taste; mix it well with a spoon until smooth, then put the mixture back in the whites; fine for lunch.

5. **Cheese Fouder.**—To one cup of rolled crackers add ½ pint of milk, beaten yolks of 2 eggs, small cup of grated cheese, whites of eggs beaten to a stiff froth; mix gently and bake 20 minutes in a quick oven.

6. **Plain Rarebit.**—One-half pound finely cut cheese, 2 tablespoonfuls butter, pepper to taste and a pinch of salt, ½ cup of milk or cream, yolks of 2 eggs; melt the butter and add cheese, salt and pepper; when the cheese is partly melted, add gradually the cream and the egg yolks slightly beaten; pour this over a piece of toasted bread cut in small squares.

7. **Creamed Chicken and Mushrooms.**—Melt 2 tablespoonfuls of butter with 2 of flour, season with ⅛ teaspoonful of celery salt and salt and pepper; stir until smooth, then stir in gradually 1 cup of hot milk. When it has become smooth and thickened, add 2 cups of cold cooked chicken cut in small pieces and ½ can of mushrooms cut in halves. Stir carefully until hot and serve on toast or in patty shells.

8. **Creamed Oysters.**—Add 2 tablespoonfuls of flour to 2 tablespoonfuls of melted butter, mix without browning, add ½ cup of cream and the liquor from a quart of oysters. Stir until it boils; add ½ teaspoonful of salt and a dash of white pepper, with a quart of drained oysters; cook well and serve very hot on toast or large crackers.

9. **Corn Oysters.**—Mix in a dish 1 well beaten egg and one cup of chopped corn, also ¼ cup of flour; season highly with pepper and salt; drop the mixture with a spoon to the size of a large oyster on the hot, well-buttered blazer.

10. **Clams a la Newburg.**—Melt 2 tablespoonfuls of butter, stir until creamy, then add 1 gill of sherry. Beat together the yolks of 2 eggs, and ½ pint of cream, add and stir constantly; when well mixed stir in one pint of clams well trimmed and cook.

11. **Cheese Fondu.**—Put a tablespoonful of butter in a dish; when melted add 1 cup of milk, 2 cups of grated cheese, 1 cup of fine bread crumbs, saltspoonful of mustard and a pinch of cayenne. Stir constantly and add just before serving 2 well beaten eggs.

12. **Chocolate Souffle.**—Melt 2 ounces of chocolate; add 4 tablespoonfuls of hot water and ½ cup of granulated sugar; cook until smooth; then add ½ cup of cream and ¼ cup of milk, stirring constantly. Pour in the yolks of 2 eggs mixed with 1 tablespoonful of cream and, when slightly thickened, fold in the whites beaten stiff; cook 10 minutes and serve with whipped cream.

13. **Fricassee of Dried Beef.**—Melt 1 tablespoonful of butter, with ½ pint of milk, or cream sauce; add 1 cup of beef chopped fine (that has been soaked in boiling water for 15 minutes) and 2 beaten eggs and stir until the sauce is thick. Serve on toast.

14. **Creamed Chicken.**—One cup milk, 2 tablespoonfuls butter, 2 tablespoonfuls flour, salt and pepper, 2 cups chicken meat cut fine. Make sauce as in shrimp wiggle and add chicken, stirring until hot; serve on toast or crackers. Lobster, dried beef, sweetbreads or crab meat may be used instead of chicken.

15. **Deviled Crabs.**—Two tablespoonfuls butter, 2 tablespoonfuls flour, 2 tablespoonfuls sherry wine, 1 cup chopped crab meat, ¾ cup milk, ½ cup chopped mushrooms, yolk of 1 egg, salt and cayenne pepper. Make sauce with butter, flour and milk; stir in yolk of egg beaten slightly, then wine; now add crab meat, mushrooms, salt and pepper. Serve hot with cheese sandwiches or wafers.

16. **Dreams.**—Take 2 pieces of bread of medium thickness and put between them a thin piece of mild American cheese and toast to a good brown in hot butter.

17. **Fricasseed Eggs.**—To some veal gravy add a little flour and cream, butter the size of a walnut, nutmeg, pepper, salt, chopped parsley and a few pickled mushrooms. Let the mixture boil up well, then pour it over sliced hard-boiled eggs; arrange on a platter with small bits of toast.

18. **Fruit Canopes.**—Beat 2 eggs with ¾ cup of milk, 1½ tablespoonfuls of sugar and ½ teaspoonful of salt. Dip into this small pieces of bread and sauté them in the hot, buttered blazer over direct heat. On these pieces of toast spread a spoonful of fig paste, orange marmalade or pineapple and canned peaches; garnish with whipped cream.

19. **Halibut a la Hollandaise.**—Take cooked and flaked halibut and cook in Hollandaise sauce, made as follows:—Take ½ cup of butter and wash to remove the salt, then divide into 3 pieces; put 1 piece into the blazer and add the yolks of 2 eggs and a tablespoonful of lemon juice. Stir constantly until the butter is melted, then add the second piece of butter and, as it thickens, add the third piece, also ⅓ cup of boiling water. Season with ¼ teaspoonful of salt and a dash of cayenne.

20. **Shrimp Wiggle.**—One cup milk, 2 tablespoonfuls butter, 2 tablespoonfuls flour, salt and pepper, 1 can of shrimp, 1 can of peas; put butter in chafing dish; when melted add flour, salt and pepper, stirring until smooth; add milk slowly. When the sauce is hot add peas and shrimp (having drained both on taking them from the cans) and cook until heated through. Serve with salted crackers or wafers.

21. **Sardines on Toast.**—Drain sardines; heat them through, turning frequently; serve on toast or crackers.

22. **Welsh Rarebit.**—One pound chopped cream cheese, ⅓ glass of beer or ale, yolk of 1 egg, 1 teaspoonful butter, ½ teaspoonful dry mustard, a dash of red pepper and a little salt. Melt the butter; then add the cheese, stirring all the time. When the cheese begins to melt, gradually pour in the beer. When they are well blended add the yolk of the egg, salt, red pepper and mustard. Stir in well, then pour on toast or crackers

23. **Cheese Balls.**—Grate ½ pound of cheese, add the yolk of 1 egg, a very little red pepper, ½ cup of chopped English walnuts, and enough sweet cream to roll into balls, size of an English walnut; roll balls in finely chopped parsley. Serve with wafers and coffee the last course.

24. **Cheese Ramekins.**—Mix chopped or grated cheese with bread crumbs, ½ cup of cheese to 1 cup of crumbs; cover with milk and bake for 15 or 20 minutes. This should be baked and served in individual ramekin dishes. One-half cup of chopped hard-boiled eggs can be added if desired.

25. **Cheese Straws.**—Yolks of 3 eggs, 1 pound of grated cheese, 1 teaspoonful of sugar, 1 teaspoonful of salt, 1 teaspoonful of ground mace, and a pinch of red pepper. Mix all together with enough flour to make dough, as for

pie crust. Roll very thin and cut into strips as narrow or as long as desired. Lay separately in greased pan. Bake in a quick oven to a light brown.

26. **Cheese Sauce for Potatoes.**—One tablespoonful of flour, 1 tablespoonful of butter, ½ pint of milk, ¼ pound cheese, grated; melt the butter in a pan; add flour and stir until smooth; stir the milk in gradually and add the cheese. Season with pepper and salt, and serve with mashed potatoes.

27. **Mexican Macaroni.**—Into a tablespoonful of hot browned butter stir 1 cup of cooked macaroni, 1 large tomato, 1 small onion, salt and paprika. When well browned add 1 cup of soup stock; pour into a buttered pan and cover the top with bread or cracker crumbs; bake half an hour.

28. **Spaghetti.**—Break into small pieces 2 cups of spaghetti and boil in salted water until perfectly tender. Butter a baking dish, cover the bottom with a layer of spaghetti, then a layer of tomatoes, then a layer of cheese; season each layer with paprika, salt and pepper. When the dish is full, finish off with the cheese and pour over this enough milk or cream to cover to the top of the pan. Bake slowly 2 hours, until it is rather dry and a rich brown.

THE ART OF CANDY MAKING.

These Secrets, Obtained from an Expert Confectioner, Enable the Housewife from a few Recipes to Make Endless Varieties of Candy, Including Chocolates, Bonbons, Fudges, Taffies, Caramels, Etc.

"Sweets for the Sweet."

At certain seasons and on special occasions, especially at Christmas time, every housewife desires to know something of the art of candy making and to make in her own kitchen and with ordinary cooking utensils, some of the sweets displayed so temptingly in the up-to-date confectionery stores. Candy making, to the layman, is a mysterious art suggestive of bright copper kettles, white marble slabs, massive cooking furnaces, a confusion of expensive machinery and white-aproned experts with years of experience and a knowledge of many recipes and secret processes, together with a wealth of capital.

And for the most part confectioners aim to keep all knowledge of their art to themselves and for this reason but few really good recipes find their way into the popular cook books, while no knowledge of the principles underlying the art are made public. The writer, having had years of experience and having now retired from business, makes known for the first time candy secrets obtained from confectioners whose whole lives have been devoted to the work and who are now operating some of the finest stores in the East. Candies made from several of these recipes have taken prizes in New York City in competition with the best artists of the world. Of course better results are obtained after one has had experience in the work and yet we will endeavor, even at the expense of repetition, to make the process so clear that the amateur, by carefully following the instructions given, may achieve results rivaling the products of the experienced confectioners

both in quality and appearance, and yet have the satisfaction of knowing it is "home-made."

The professional candy maker uses expensive machinery and endless paraphernalia, not because they are necessary to good results, but because he manufactures in large quantities and the saving of time and labor is essential.

PRECAUTIONS TO PREVENT SUGARING OR GRAINING IN MAKING ALL KINDS OF CANDY.—

In making all candies, except those that scorch easily, as soon as the sugar is dissolved and it begins to boil it is well to cover the vessel for a short time, say two or three minutes, that the steam may soften any sugar sticking to the sides of the kettle, then to take a damp cloth and carefully remove all undissolved sugar. This is important that the candy may not "grain" or turn back to sugar. If the candy is one that easily burns and requires stirring the kettle must be cleaned without steaming.

Either pure glucose or cream of tartar are generally used to prevent "sugaring." Vinegar will do but is not so sure. Be careful also that there is no sugar, not even a few grains, on the platter or marble upon which the candy is poured. Needlessly stirring or handling the batch while cooling will sometimes cause "graining." In spite of all precautions this will sometimes happen. It must then be covered with water, again placed on the stove and re-cooked but will seldom be as nice as when cooked but once.

COLORS.

If desired, the colors for candies may be made at home instead of being purchased at a confectionery.

For Red.—Take one-half pint of water, add one ounce of cochineal and boil for five minutes and add one-half ounce of powdered alum, one ounce of cream of tartar and boil for ten minutes. Take from stove and stir at once in two ounces of sugar and bottle for use.

For Blue.—Rub indigo in a little water in a saucer.

For Yellow.—Rub gamboge in water in same way.

For Green.—Boil spinach leaves in a little water for one minute, strain and bottle.

TESTING—HOW TO TELL WHEN THE CANDY IS DONE OR HOW LONG IT SHOULD BE COOKED.—

Candies are cooked for a short or long time, according as a low or high degree of heat, or temperature, is desired. Soft candies are cooked but a short time as only a low degree of temperature is needed. Hard candies are cooked longer or to a higher degree. For trying or testing the temperature, so as to know when the candy is done and should be removed from the stove, the confectioner generally uses a thermometer which he places in the boiling syrup, but as one fit for this purpose is rather expensive the housewife will find it more practical to try or test the candy by dropping a little of the boiling syrup into cold water. The confectioner uses his finger for this purpose by first wetting it in cold water, but it is safer for the beginner to use a spoon. The longer the candy cooks, or the higher the degree of temperature, the harder will it become when a little is thus chilled in cold water. One should try or test it frequently in this manner as it takes but a few moments over a hot fire to raise it from a low to a high degree. In

spite of care, should it be left on too long and be too hard when tested, add a little water to reduce it back and cook until it is of the right consistency when tested again.

Below we give a table that will enable you to test properly and tell when the candy is done. Then under each recipe we refer you to this table so that you may know just how long each candy should cook. Much of your success depends upon removing the candy from the stove at the right time. It will be seen from this table that if candy be boiled a short time and then a little be dropped into cold water it can just be felt with the finger or seen as syrup or molasses in the water. This is called the smooth (No. 1, below). If cooked a little longer and then dropped into water it will stick or cling to the finger but is still too soft to give shape or roll into a ball. This is the thread (No. 2, below). If cooked still longer and again tested it may be rolled between the fingers into a soft ball and is called the soft ball or feather (No. 3, below). And so it continues to get harder through the various degrees until if cooked long enough and again tested it becomes very hard when cooled in water and may be broken like glass in the fingers. This is the dry crack (No. 7, below). If a thermometer were put into the boiling candy it would be found at the various stages to register the degrees given with each testing. This table may be used in cooking icings and frostings as well as candies. Use cold water.

TESTING TABLE.

No. 1.—The Smooth (218 degrees). The boiling syrup or candy can just be detected when dropped into water and is about the consistency of molasses. (Used for crystallizing creams, candies, etc.)

No. 2.—The Thread (235 degrees). The candy will stick or cling to the finger but will not retain the shape of a ball when rolled between them. (Used for making liquors, etc.)

No. 3.—The Soft Ball or Feather (240 degrees).—The candy when cooled in water and rolled between the fingers will take the form of a soft ball. (Used for fondants, cream goods and fruit candies.)

No. 4.—The Hard Ball (245 to 250 degrees). When cooled in water and rolled between the fingers the candy will take the form of a rather hard ball but is not hard enough to crack when bent or broken. (Used for some fondants and cream goods, such as cocoanut and combination creams.)

No. 5.—The First Crack (250 degrees). Will just crack when bent or broken between the fingers. (Used for caramels, butter scotch, Japanese cocoanut bars, etc.)

No. 6.—The Second Crack (255 to 260 degrees). Will crack more easily than for first crack and will chew free without sticking to the teeth. (Used for most taffies or candies that are pulled.)

No. 7.—The Dry Crack (300 to 310 degrees). When cooled in water it will break brittle like glass in the fingers. If cooked much longer the candy will color and burn. (Used for stick candy and all kinds of hard clear candies.)

FONDANTS.—The basis of cream candies of nearly every description is a combination of sugar, cream of tartar and water cooked together and then stirred and creamed. By confectioners it is called "fondant." This fondant is variously colored, flavored and combined with chocolate, fruits, nuts, etc., to make chocolates, bonbons and wafers of nearly every descrip-

tion. The making of fondant is simple if accuracy is observed in following instructions and as it is the foundation of several hundred and in fact, as will be seen later, of several thousand varieties of cream candies, with this secret in her possession and a little experience, the housewife may compete with the confectioner in making endless varieties of toothsome sweets.

WHITE FONDANT is made by taking:

Four cups granulated sugar
Two cups hot water
One level teaspoonful cream of tartar.

Stir over a moderate fire until the sugar is dissolved. When it begins to boil, steam and wash the sides of the vessel to remove all sugar, as directed above. Then place over a quick fire and allow it to boil without stirring until it will form a soft ball when tested in cold water. (See No. 3 in Testing Table.) Remove from fire and set aside until cool but not entirely cold, then stir vigorously with a spoon or wooden paddle until it creams and becomes quite stiff. When too thick to stir, knead it thoroughly in the hands until light and creamy. Do not be afraid of kneading too much. Place in an earthen vessel or crock, keep covered with a damp cloth and in twenty-four hours it will be ready for use, but if the cloth is kept damp it will keep a number of weeks and perhaps several months and be all the better. This is white fondant and is the one mostly used.

MAPLE FONDANT is made by taking:

Four cups brown sugar
Two cups maple syrup
Two cups hot water
One level teaspoonful cream of tartar.

Cook and treat this the same as white fondant above.

When taken from the crock, should the top of the fondant be dry or hard it may be kneaded again until it is all of the same consistency.

To Color Fondant.—Work or knead in a little at a time any color desired, until of the proper shade.

To Flavor Fondant.—Work in the desired flavor in the same way to suit the taste.

We will now proceed to the various combinations or cream candies which may be made from fondant.

CREAM CANDIES.

Cream candies include chocolates, bonbons, wafers, etc., and of each there are many varieties.

1. **Chocolates.**—We will begin with those made from the white fondant described above. Color and flavor some of the fondant and roll it into small balls. A little starch may be used upon the hands to prevent sticking. Let these stand for an hour or two then dip into melted chocolate. Melt the chocolate by putting it into a dish and setting in a vessel of hot water. For dipping the drops use a fork or large needle and lay them upon paraffine or waxed paper to harden. If the waxed paper is not at hand use common white paper that has been well greased with butter.

2. **Sweet Sweets and Bitter Sweets.**—If the fondant is left uncolored and unflavored two varieties are obtained by dipping the drops into either sweet or bitter chocolate. If flavored with vanilla those dipped in sweet

chocolate are called " Sweet Sweets " and those dipped in bitter chocolate are called " Bitter Sweets."

3. **Various Chocolates.**—The white fondant above may be colored pink, red, blue, yellow, green or orange and rolled and dipped into either bitter or sweet chocolate so that we will have fourteen varieties. Each one of these fourteen, before being rolled and dipped, may be flavored with either vanilla, lemon, pineapple, orange, wintergreen, peppermint, raspberry, strawberry, etc., giving 112 varieties. As soon as dipped in chocolate a nut kernel or piece of candied fruit may be placed on top of each chocolate. By using English walnuts, black walnuts, pecans, hickory nuts, almonds, hazelnuts, pistachio nuts, filberts, cream nuts, candied cherries, or small pieces of citron or candied pineapple, etc., for this purpose, the number of varieties is multiplied by twelve, which makes over 1300 kinds. Instead of placing these nuts and fruits on top of the chocolate drop, the fondant may be rolled around any of them and then dipped in chocolate. By using the various colors and flavors of fondant in this way our 1300 is doubled to 2600 kinds.

Then the maple fondant may be used in the same number of ways, which again doubles the number of kinds so that we have over 5000 varieties of chocolate drops. In fact the combinations may be multiplied almost indefinitely to suit the taste or fancy of the confectioner and his patrons.

4. **Bonbons.**—These are made the same as chocolates except that the rolled fondant is dipped in melted fondant instead of chocolate. Take some of the white fondant in a vessel, set this vessel into a kettle of hot water until the fondant is dissolved. Dip the drops made from either the white or maple fondant into this melted fondant the same as into the chocolate for chocolate drops. Or the maple fondant may be melted and used for the coating in the same manner. Both the fondant used for the drops and that melted for the coating may be flavored and colored to suit. Nuts, fruits, etc., may be used the same as with chocolates above, so that even more combinations may be made in bonbons than in chocolates and our number of different kinds is again more than doubled, giving a total of more than 10,000 varieties of cream candies alone, should one desire to exercise his fancy to that extent.

5. **Wafers.**—To make wafers, melt some white fondant as directed above in making bonbons, color and flavor to suit and drop upon waxed paper, making the wafers about the size of a quarter or a little larger. In dropping the melted fondant, a large funnel may be brought into service, using a small, round stick about a foot long as a stopper. Hold the funnel right side up, place the stick in so as to close the small end, fill the funnel with the melted fondant, then open and close the small end of the funnel with the stick, allowing a little of the fondant to drop each time upon the waxed paper. A little practice will be required to make the wafers of uniform size.

6. **Cream Dates.**—Cut the date open lengthwise and take out the seed carefully. Refill with enough fondant so that the date cannot quite be closed again. Thus you allow a part of the fondant to show. Then roll in granulated sugar or dip each end in melted fondant colored to suit. (See fondant above.)

7. **Cream Grapes.**—Clip Malaga grapes from the stem with scissors to prevent leaking of the juice. Dip in melted fondant colored to suit and you have something luscious.

8. **Cocoanut Creams.**—When creaming white fondant (fondant for this purpose should be cooked a little longer than that described above, or to a hard ball as in No. 4 of the table for testing) stir in some good shredded cocoanut. After kneading, cut into small squares or bars to suit and dip in melted chocolate. Cocoanut creams are very fine eating.

9. **Combination Cream.**—Pour into a small cake pan some melted fondant of any desired color. (This fondant should be cooked to a hard ball as in No. 4 of testing table above.) When cool, pour on top of this more melted fondant of another color allowing each layer to cool before adding another. The layers may be of any number, thickness and color desired. When all is cold, carefully take from the pan and cut into slices as you would cake. This makes a very attractive and a very rich candy.

10. **Orangettes.**—Make the following fondant: Take 3 pounds granulated sugar, ⅓ teaspoonful cream of tartar and water enough to dissolve. Cook to a hard ball (No. 4 in testing table above), pour upon an ungreased marble or large platter. Add the grated yellow rind of two oranges and the juice of one and stir with spoon or paddle until creamed; knead with the hands until soft and creamy, roll into drops and dip into melted chocolate. Orangettes made from this recipe were awarded the prize in New York City.

TAFFIES.

In making candies a confectioner generally has a marble stone or slab or a cooling table made for the purpose upon which to pour the batch of candy when cooked. If these are not available a large platter will answer for domestic purposes. In making taffies this should be well greased with butter to prevent sticking. In the pulling of taffies the confectioner uses a large iron hook, securely fastened to the wall; and for best results it will be found almost necessary in the making of home-made goods, for the candy can be pulled to much better advantage from a hook than in the hands and will be much more porous and light, which is much to be desired in taffies. A blacksmith will bend an iron to suit but if it is not convenient to have a hook made the candy may be pulled in the hands. Glucose is generally used in taffies instead of cream of tartar to prevent sugaring. Pure glucose is made from grain and is not injurious, as many people suppose.

VANILLA, ORANGE, LEMON, PINEAPPLE, STRAWBERRY, WINTERGREEN, CINNAMON AND CLOVE TAFFIES.—These taffies are made the same, except that they are differently flavored and colored so we will treat them together. Take five pounds granulated sugar, one and one-half pounds of glucose, or if the glucose cannot be obtained use one level teaspoonful of cream tartar in its place. Add enough water to dissolve the sugar. When it boils, cover and steam the vessel two or three minutes to soften any sugar on the sides and then remove all undissolved sugar with a damp cloth. Cook until, when tested in cold water, it will chew free and not stick to the teeth. This is the second crack as given in No. 6 of the table above for testing. Pour on greased marble or platter. If outer edges cool quickest turn them into center of platter that all may cool evenly, but be careful not to handle unnecessarily or it may go back to "sugar" and need to be recooked. As soon as it is cool enough to handle place on hook and pull. Any color or flavor may be added while on hook and thoroughly pulled in. Vanilla, orange, lemon, pineapple, strawberry, wintergreen, cinna-

mon and clove are most commonly used in taffies. These eight or ten varieties may be obtained from the one cooking if desired. When the taffy is pulled light and full of air and is cool enough to be rather stiff, remove from hook, cut into convenient lengths and place in pans.

VARIOUS CANDIES.

1. **Butterine Sticks.**—Take five pounds of granulated sugar, one and one-half pounds of glucose and one quart of sweet cream. Cook until it forms a soft ball when tested in cold water as described in No. 3 of the table for testing. This must be stirred constantly or the cream will burn. When done remove from fire and rub hard against the sides of the kettle with a knife or paddle until it creams, then before it sets pour on greased marble or plates, allowing it to make a layer about half an inch thick. Before it becomes entirely cold cut into sticks about four inches long and three-fourths of an inch in width. The writer is the originator of Butterines. They have had a great sale and will be found excellent.

2. **Cream Caramels—Vanilla and Chocolate.**—Take two quarts of heavy sweet cream, five pounds of granulated sugar and one-half pound of glucose. Stir constantly while cooking to the first crack that can be detected when tested in cold water. (No. 5 in testing table above.) Remove from fire and stir in one tablespoonful of vanilla; pour on greased marble or platter to a depth of half an inch. When cool cut into small squares.

To make chocolate caramels add from one-fourth to one-half pound of grated chocolate shortly before taking from the stove, allowing only time for the chocolate to dissolve. Cook and treat as above. You will have to use great care to prevent scorching. These caramels will stand without wrapping. This recipe was obtained from a confectioner at the cost of five dollars and it makes one of the finest cream caramels manufactured.

3. **Candy Cough Drops.**—Take two and one-half pounds of granulated sugar, one-fourth teaspoonful of cream tartar and enough water to dissolve. Cook to the dry crack or until it will break like glass when tested in cold water. (See No. 7 in testing table before given.) After testing place a little in the mouth and if it will not stick to the teeth when chewed it is ready to take from the stove and pour upon greased marble or platter. When on platter add one-half ounce powdered willow charcoal and one-fourth tablespoonful of oil of anise, fold and knead thoroughly while as hot as can be handled. Then cut into small pieces or drops with shears. The batch must be handled rapidly or it will cool and harden before cut into convenient pieces. These are some of the best cough drops made and will last a long time.

4. **Peanut Bar Candy.**—Take five pounds of granulated sugar, one-fourth pound of glucose and water to dissolve. Cook to a soft ball when tested in cold water, or to No. 3 in testing table previously given. Now add raw shelled peanuts to make the batch quite thick. Stir and cook until the peanuts are thoroughly done and smoke rolls from the kettle. Pour on greased marble or platter and when cool but not cold cut into bars with a large knife. The peanuts may be tested by dropping a few into cold water and biting in two with the teeth. They should be brown and well roasted. Do not forget to steam and wash the undissolved sugar from the sides of the vessel as elsewhere directed. Great care must be exercised for peanut candy very easily sugars and cannot be recooked like most candies.

5. **Cocoanut Bar Candy.**—Take five pounds of light brown sugar, one-

half teaspoonful of cream of tartar and enough water to dissolve. Cook to soft ball, or No. 3 in testing table previously given. Now add one and one-half pounds of shredded cocoanut, stir and cook to first crack, or No. 5. Pour on greased marble or platter making a layer half an inch thick. As soon as cool enough cut into bars.

PEOPLE'S RECIPES FOR HOME-MADE CANDIES.

1. **Butter Scotch.**—Take three-fourths cup of molasses, one cup of sugar, two tablespoonfuls of vinegar, two tablespoonfuls of boiling water and one-half cup of butter. Boil until brittle when tried in cold water, turn into well buttered tins and cut in squares.

2. **Cream Candy.**—Take one cup of sweet cream, two cups of granulated sugar and as much cream of tartar as you can hold on the point of a knife. Do not stir while cooking. Cook thirty minutes, take off and beat, add nuts and flavoring, work into a roll and slice.

3. **Peanut Brittle.**—Put one cup of sugar into a frying pan and shake briskly over the fire until the sugar is melted. Then add a cup of chopped peanuts. Take care not to burn the peanuts.

4. **Cracker Jack.**—Take two cups of sugar, one cup of molasses and two tablespoonfuls of vinegar. Boil until it cracks when tested in cold water. Then take from the fire, add one-half teaspoonful of soda, beat briskly and pour over pop-corn and chopped peanuts.

5. **Prauline.**—Take two pounds of brown sugar, one-half cup of butter, one cup of milk and one tablespoonful of vinegar; boil until it threads, flavor with vanilla, add two quarts of picked nuts and then beat until creamy and pour into pans.

6. **Molasses Taffy.**—Two cups of sugar, one cup of molasses, one teaspoonful of soda and one tablespoonful of vinegar; boil until brittle and pull.

7. **Sea Foam.**—Cook two cups of light brown sugar, with enough water to cover it, until it will form a soft ball when dropped into cold water; then add two well beaten whites of eggs and beat constantly until it thickens; drop with a spoon upon greased paper and put half of an English walnut on each piece and let stand until it hardens.

8. **Chewing Taffy.**—For two cups of sugar take one cup of water, when it is boiling add two tablespoonfuls of vinegar and a piece of butter the size of a walnut, let cook until it will harden in water, add the flavoring and remove from the stove. Pull when it is cool enough.

9. **Marshmallows.**—One box of Knox's No. 1 gelatine, sixteen tablespoonfuls of cold water, four cups of granulated sugar, twelve tablespoonfuls of hot water, one-half teaspoonful of vanilla and a pinch of cream of tartar; put gelatine and water into a large crock and let stand while the sugar is cooking until it threads well; then mix together and beat constantly for half an hour with a paddle. Line a pan with greased paper and sprinkle with powdered sugar, pour in marshmallow and let stand one hour and then cut and dip in powdered sugar.

10. **January Thaws.**—Three-fourths cup of milk or cream, two cups dark brown sugar, a lump of butter the size of an English walnut and one teaspoonful of vanilla. Put sugar and cream into kettle, stir until sugar is dissolved and boil until a soft ball can be formed of a little that has been dropped into cold water and then add butter and vanilla and one-half cup

of nuts (walnuts preferred). Beat with a spoon until candy cracks as you beat it. Turn into a buttered dish and cut into squares.

11. **Macaroons.**—One and one-half cups of cocoanut, whites of five eggs and one cup of pulverized sugar. Bake twenty minutes in a slow oven on unbuttered paper. When done turn onto buttered paper.

12. **Hickory Nut Kisses.**—Three cups of fine granulated sugar, whites of eight eggs and one cup of hickory nut meats. Flavor with vanilla. Beat eggs until very stiff and dry. Beat sugar in lightly, adding a little at a time. Bake on buttered tins in rather slow oven.

13. **Kisses.**—Five tablespoonfuls of powdered sugar, whites of three eggs and essence of lemon to flavor. Mix well and drop with a teaspoon on a buttered paper placed in a pan. Sift powdered sugar over them and bake one-half hour in a slow oven. Whip eggs a long time after they are stiff to dry them.

14. **Maple Sugar Candy.**—One cup of granulated sugar, one cup of maple sugar, one-half cup of sweet cream, one-half cup of water and a lump of butter the size of a hickory nut. Boil all together until the mixture will hold together when dropped into cold water. Take from the fire and stir until it begins to thicken and then pour into a buttered dish.

15. **Maple Fudge.**—One quart of maple syrup and one cup of sweet cream; cook until it will form a hard ball when dropped into cold water. When cold, stir until it hardens.

16. **Butter Scotch.**—Two cups of granulated sugar, one-fourth cup of vinegar and one tablespoonful of butter. Boil sugar and vinegar together until almost done and then add butter. Do not stir. Cook until crisp when cooled in water and pour into buttered pan to cool.

17. **Sugar Drops.**—Moisten two cups of brown sugar with a little water and boil until it will form a ball when dropped into cold water. Have ready the white of an egg, beaten stiff and flavored with vanilla. Pour hot syrup into egg and beat hard. Drop upon plates with a fork.

PIES.

No soil upon earth is so dear to our eyes,
As the soil we first stirred in terrestrial pies.
—*O. W. Holmes.*

"We've baked the pies you all like best
And are willing now to stand the test;
The proof of the pudding is in the eating,
And the pies we serve there is no beating"

GENERAL DIRECTIONS FOR MAKING PIES.

In the baking of pies it takes much practice to become perfect. One may have the best recipes in the world and yet fail but the young housewife should not let this discourage her.

The secret of pie-making is to use just as little water as possible and get the dough into shape, having everything very cold. Butter or lard for pastry should be fresh, sweet and solid.

Use a cupful of lard and a teaspoonful of salt to a quart of flour. This

quantity will make four crusts, either two pies with covers or four without. The lard should be worked thoroughly into the flour with the fingers before any water is added. Use only a little water and press the dough together hard, then put upon a board that has been well floured. Roll the dough one way only. In warm weather if you are not ready to bake the paste at once after making up, it should be kept on ice till wanted. It improves pastry to lie on ice two or three hours and it may be kept several days if necessary.

The under crust should be a little thicker than the top. If a pie is made without an upper crust it is well to have a heavy edge. If tin pie pans are used the bottom crust will be better baked than if earthen pans are used. Before putting on the upper crust, wet the rim of the lower with water, or a thick paste of flour and water, or flour and egg; then press the two crusts well together and then loosen all from the pans. This will prevent the bursting of the pie.

If it is a fruit pie a little flour should be dusted over the bottom; or, the juice will be prevented from soaking through by rubbing some well-beaten egg over the lower crust with a piece of cloth. To prevent the juice from running over, a level teaspoonful of cornstarch should be evenly sprinkled over the fruit before the upper crust is put on.

Always make air holes in the top crust or the pie will burst. It is best not to wash the rolling pin but to scrape the dough off well and rub with a dry towel. Thus it will always be dry and will never stick if kept well floured.

Always beat eggs separately.

Some always grease the pie tins while others sprinkle them with flour. It is safest to grease them if the pie is to be removed from the pan before putting on the table.

To keep pastry from scorching on the bottom sprinkle salt in the oven under the pie tin.

A nice, flakey, pie dough may be made by lessening the amount of shortening and adding a level teaspoonful of baking powder to a quart of flour.

The time for cooking pies varies with the heat of the oven and the kind of pie. Where a rich lemon pie might bake in twenty minutes it probably would require from thirty to forty minutes to bake a green apple pie.

Bake fruit pies in a moderate oven and if possible have a better heat at the bottom than at the top or the lower crust will be "raw." When done, the crust will separate from the pan and may be easily removed. It should be taken from the tin at once and slipped onto a porcelain plate if you would have the bottom crisp instead of soggy; or, stand on a wire cake sieve to allow the air to circulate all around it.

RECIPES FOR PIES.

1. **Delicious Apple Pie.**—Pare and core 6 or 8 tart apples; boil 1 cup of sugar in ½ cup of water for 5 minutes; add a heaping teaspoonful of butter and 1 of almond extract; stir and lay in the apples; cover; bake until tender and set aside to cool. Line a deep pie tin with puff paste; prick with a fork to keep from blistering and bake; fill with the fruit; spread over the top a meringue made of the whites of 2 eggs and 2 tablespoonfuls of shredded blanched almonds; dust with a tablespoonful of sugar; brown slightly in a cool oven and serve very cold.

2. **Buttermilk Pie.**—Make and bake your crust. Filling: two cups of

buttermilk, yolks of 3 eggs, 1 cup sugar, a little salt, 1 tablespoonful of butter, 3 tablespoonfuls of flour, 1 teaspoonful of lemon essence. Cook and cool as for lemon pie.

3. **Custard Pie.**—One level teaspoonful of flour sifted in 1 cup of sugar; add 2 eggs; beat together and add milk to fill pie tins brim full; grate a little nutmeg on top and add a few tiny lumps of butter; bake slowly until by testing the center of the pie with a knife it is found to have thickened.

4. **Cornstarch Pie.**—Take 1 quart of milk and heat to boiling; add ½ cup of sugar, the well-beaten yolks of 2 eggs, and 2 tablespoonfuls of cornstarch dissolved in cold milk; let boil a few minutes; remove from fire; have crust baked; then pour in custard. Beat whites of eggs; add a little sugar; spread on tops of pies and return to oven to brown. This is enough for 2 pies.

5. **Chocolate Pie.**—One and one-half cups of bread crumbs, 3 eggs (save the whites for the tops), ½ cup of granulated sugar, 3 strips of chocolate, 3 pints of milk; put the crumbs in the milk; when hot put in the beaten eggs and chocolate and sugar (thinned with a little milk), and let boil until thick; bake crusts and fill. Enough for 2 large pies.

6. **Chocolate Cream Pie.**—Bake a shell of pie crust; have ready a filling made as follows: One-half cup of sugar, the yolks of 2 eggs, 1 square of Baker's chocolate, 2 tablespoonfuls of flour, 1 scant pint of milk, butter the size of a walnut; cook them all together and fill crust; beat whites of eggs and, after spreading on top of pie, sprinkle on sugar and set in oven to brown slightly.

7. **Mock Cherry Pie.**—One-half cup chopped raisins, 1 teacup cranberries, 1 teacup sugar, ½ cup boiling water, 1 tablespoonful of flour; cook for 10 minutes; flavor with vanilla; put flour in after it is cooked.

8. **Cocoanut Pie.**—Whip 2 eggs into ⅓ cup of sugar and mix with 1 tablespoonful of butter, 1 cup grated cocoanut, and pour over it 1 pint of milk brought to the boiling point; line a pie plate with pastry crust, leaving high rim; bake in moderate oven.

9. **Cream Pie.**—One cup of water, 2 eggs, 1 tablespoonful of cornstarch, ½ cup sugar, 1 heaping teaspoonful of butter, a pinch of salt, flavor with vanilla; when the water is boiling stir in the cornstarch, the beaten yolks of eggs, with sugar; stir in the butter and let cool; add flavor. Bake crust before filling; beat the whites of eggs with 2 tablespoonfuls sugar for top and put in oven and brown.

10. **Elderberry Pie.**—Five tablespoonfuls elderberries, 3 tablespoonfuls sugar, 5 tablespoonfuls molasses, 2 tablespoonfuls cider vinegar, 1 tablespoonful flour sprinkled on top. Bake in 2 crusts.

11. **Lemon Pie.**—The juice and grated rind of 1 lemon, 1 tablespoonful of butter, 1 cup of sugar beaten to a cream, 2 tablespoonfuls sweet milk, 4 eggs; mix all together and pour into a crust-lined plate and bake; when done, beat the whites of 2 eggs with 2 tablespoonfuls of powdered sugar; spread it over pie and brown in oven.

12. **Molasses Pie.**—One and one-half cups of maple syrup, 1 cup of sugar, yolks of 4 eggs, butter the size of an egg, 1 nutmeg; bake in 1 crust; remove from oven and cover with the whites of the eggs, beaten with 4 tablespoonfuls of sugar; place in oven and brown. This will make 2 pies.

13. **Mince Meat.**—Cook 5 or 6 pounds of beef until tender (let boil until nearly dry), chop very fine; at the same time mince 3 pounds beef suet,

4 pounds currants, 4 pounds raisins, 1 pound citron. Chop fine 4 quarts good, tart, cooking apples; put all in a large pan together; add 2 ounces of cinnamon, 1 ounce ginger, 1 ounce cloves, 4 nutmegs, the grated rind and juice of 2 lemons, 1 tablespoonful salt, 1 teaspoonful pepper, and 2 pounds sugar; put in a kettle 1 quart boiled cider or 1 quart grape juice, 1 quart of molasses, a lump of butter; let it come to boiling point and pour over contents in pan; mix thoroughly and pack in jars.

14. **Mock Mince Pie.**—Two-thirds cup of vinegar, 1 cup of molasses, ⅔ cup of water, 1 cup of sugar, 1 cup of bread crumbs, 1 cup of chopped raisins, 1 teaspoonful of cloves, 1 teaspoonful of cinnamon, butter size of an egg, nutmeg; cook a few minutes, stirring well. This is enough for 3 pies.

15. **Pumpkin Pie.**—One cup of sifted pumpkin, 1 tablespoonful flour, a pinch of salt, 1 teaspoonful ginger, 1 teaspoonful cinnamon, ⅔ cup of sugar, 1 beaten egg; mix well together and pour over 2 cups rich milk; fill deep pie tin and set in oven at once. It is done when it rises well in the middle. The pumpkin should be washed and cut in cubes and cooked without paring; when tender sift and return to back part of stove and cook until dry and sweet. This makes one pie.

16. **Rhubarb Pie.**—Pour boiling water over 2 teacups of chopped rhubarb; let it stand 5 minutes and then drain; mix with the rhubarb 1 teacup of sugar, the yolk of one egg, a piece of butter and a tablespoonful of flour, moistening the whole with 3 tablespoonfuls of water; bake with 1 crust; make meringue of the white of the egg with 3 tablespoonfuls of sugar; spread over the top of the pie and brown.

17. **Squash Pie.**—One large cup of steamed and strained squash, ½ cup of sugar, ½ teaspoonful of cinnamon, ¼ teaspoonful of salt, ¼ teaspoonful of lemon extract, ¼ teaspoonful ginger, 1 cup of milk, 2 eggs; bake in one crust.

18. **Transparent Pie.**—One cup of butter, 1 cup of brown sugar, yolks of 3 eggs, all well beaten together; bake with 1 crust.

19. **Vinegar Pie.**—One cup of water, 1 cup of sugar, piece of butter size of an egg, ½ cup of flour, 3 tablespoonfuls of vinegar, pinch of salt, a little nutmeg; stir all together and boil; when it becomes thick, pour it into a crust which should be previously baked.

20. **Pie Crust.**—One cup lard, 3 cups flour, a little salt; mix with ice cold water, into a soft dough; handle as little as possible.

21. **Lemon Cream Pie.**—One cup sugar, 1 raw potato grated, 1 cup of water, the grated rind and juice of 1 lemon; bake in pastry top and bottom; this will make 1 pie.

22. **Shoo-Fly.**—Make regular pie crust and fill as follows: 2 cups boiling water, 1 cup syrup and 2 teaspoonfuls baking soda and crumbs; pour the boiling water over the syrup and add the soda. Directions for making the crumbs: One cup of lard, 3 cups of flour, 1½ cups of sugar; same to be used in place of the top crust.

23. **Pie Dough.**—Four cups of flour, a little salt, enough lard to make flour stick together when pressed. Work for about 20 minutes. Then add just enough water to make it hold together.

24. **Pie Plant Pie.**—Cut up enough pie plant to fill 6 cups and chop fine; add 3 cups of sugar, 3 heaping tablespoonfuls of flour, 3 eggs. Bake with 2 crusts. This is enough for 4 pies.

25. **Raisin Pie.**—One cup finely chopped raisins, 1 cup water, 1 cup

brown sugar, 1 tablespoonful flour. Boil together until it thickens. Bake between 2 good light crusts.

SALADS AND SALAD DRESSINGS.

To make a perfect salad, there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix well together.
—*Spanish Proverb.*

1. **Banana Salad.**—Slice bananas; arrange on lettuce leaves; add a few nuts and the dressing. Oranges sliced very thin, in the proportion of 1 orange to 3 or 4 bananas, may be added if preferred. Salad dressing: One teaspoonful salt, 1 teaspoonful Colman's mustard, 1 tablespoonful butter, 2 teaspoonfuls sugar, 3 tablespoonfuls cream, 1 teaspoonful cornstarch, yolks of 4 eggs, 1 scant teacup vinegar. Mix and stir in double boiler over fire until it begins to thicken; strain. When used, thin with ½ cup cream, whipped. If cream is omitted this may be kept in a cool place for some time.

2. **String Bean Salad.**—One cup cold boiled string beans, cut in small pieces; 3 hard boiled eggs cut in rings; 3 beets boiled and sliced; 1 head of lettuce, chopped. Put lettuce leaves on plate; then salad; cover with mayonnaise dressing.

3. **Cherry Salad.**—Take some white California cherries and remove the pits, replace with a blanched filbert or hazelnut. Serve on a lettuce leaf with a spoonful of salad dressing, to which a plentiful supply of whipped cream has been added.

4. **Cheese Salad.**—For this salad use three hard-boiled eggs, 1½ cups of cheese, grated fine; 1 teaspoonful of mustard, 1/10 of a teaspoonful of cayenne, ½ teaspoonful of salt, 2 tablespoonfuls of salad oil or melted butter, 2 tablespoonfuls vinegar and a cup of cold chicken chopped rather coarse. Rub yolks of eggs until a smooth paste is formed; gradually add the oil, stirring all the while with a silver fork; then add all the seasoning. Mix the cheese and chicken lightly with this dressing and heap the mixture on a pretty dish; garnish with the whites of the eggs cut in circles, and a few white celery leaves or sprig of parsley. Serve with water crackers, cold or toasted.

5. **Corn Salad.**—Four red peppers, 12 good ears of corn, 2 quarts of vinegar, 2 tablespoonfuls of salt, ¼ pound of ground mustard, 1 cup sugar. Chop 1 head of cabbage and let it drain; chop peppers and cut off corn and mix. Boil all together for 20 minutes.

6. **Fruit Salad.**—One dozen oranges, 1 dozen bananas, ½ dozen good apples, 1 pound Sultana raisins, 1 bunch celery, 1 pound pecans and English walnuts mixed, a few chopped pickles. Pour over fresh mayonnaise dressing.

7. **Mixed Summer Salad.**—Two teaspoonfuls of ground mustard leaves, 3 heads of lettuce, a handful of watercress, 5 tender radishes, 1 cucumber, 3 hard-boiled eggs, 2 teaspoonfuls white sugar, 1 teaspoonful each of salt, pepper and mustard; 1 teacupful vinegar, ½ teacupful oil. Mix all together and serve with a lump of ice in the middle.

8. **Sweetbread Salad.**—Two pairs of sweetbreads, dropped in boiling salt water and cooked from 20 to 30 minutes, then plunged in very cold water for a few minutes. Take equal quantity of celery and 1 tablespoonful of chopped almonds. In cucumber season, use them in place of the celery; it is fine.

9. **Sardine Salad.**—Lay a sardine on a lettuce leaf, and squeeze 3 drops of lemon juice on each fish. Pour over it a spoonful of thick dressing. Garnish with cold beets cut in star shape.

10. **Cream Dressing.**—Mix together thoroughly, ½ tablespoonful mustard and salt, 2 tablespoonfuls sugar, 1 tablespoonful flour, 2 eggs, 2½ tablespoonfuls melted butter, ¾ cup of cream. Then add slowly ¼ cup vinegar. Cook in double boiler until it thickens.

11. **Cabbage Salad Dressing.**—Six tablespoonfuls cream, 2 raw eggs well beaten, ½ teaspoonful salt, 6 teaspoonfuls vinegar, a small piece of butter; put on fire and cook, stirring until quite thick; have a half head of cabbage chopped fine; sprinkle with salt; add the dressing when cold; 2 tablespoonfuls cream. Pour this mixture over cabbage.

12. **Dressing for Yellow Pickles.**—One gallon vinegar, ½ pound brown sugar, 1 ounce celery seed, 1 ounce tumeric, 1 cup flour. Put all the vinegar except 1 quart on the stove; add sugar and celery seed; mix mustard tumeric and flour with the quart of vinegar; let boil until it thickens; pour over the pickles while hot and seal. Scald the pickles in weak vinegar and drain. Use anything that makes good pickles—small onions, cucumbers, cauliflower, sweet peppers or tomatoes, cut in small pieces. This is very nice for chopped pickles.

13. **Salad Dressing.**—Five whole eggs or yolks of 12; beat well. One and one-half cups of vinegar, 1 cup melted butter, ½ cup sugar, 2 tablespoonfuls mustard. Pour in sauce pan and stir until it boils; take off fire and add 2 teaspoonfuls celery seed and 2 teaspoonfuls salt. This makes a large quantity and should be thinned with cream when used.

14. **Stuffed Tomato Salad.**—Peel 6 smooth tomatoes, remove thin slice from the top of each and take out seeds and pulp. Sprinkle inside with salt, invert and let stand for awhile in a cool place. Drain seeds and pulp, mix with ¼ of a cucumber and several stalks of celery chopped. Fill tomatoes and put a spoonful of mayonnaise dressing on each one and place on a lettuce leaf.

15. **Slaw.**—To a cabbage head put to boil ½ cup of milk, ½ cup of vinegar and water mixed, and beat up 2 eggs. Boil milk, vinegar and water together; add a small lump of butter and put the eggs in with the contents. Add a little flour to thicken and also sugar to suit the taste. Salt the cabbage and add the other when cool. This should be boiled.

16. **Cold Slaw.**—One small, solid head of cabbage chopped fine. Take 1 egg, ¼ cup of vinegar, ½ teaspoonful salt, ½ teaspoonful mustard. Mix egg, salt and mustard with vinegar. Cook and pour over cabbage.

17. **Beet Salad.**—One can beets, 1 small bunch of celery, 1 pound English walnuts. Season with pepper and salt. Mix with mayonnaise dressing.

18. **Apple Salad.**—Six apples, 1 bunch of celery. Chop all together, then add 1 cup English walnuts chopped fine; pour mayonnaise dressing over and serve.

19. **Endive Salad.**—Clean and wash the endive, cut up in pieces ½-inch long; to 2 cups of endive have about 4 cups of cold boiled potatoes cut in small pieces; take 2 slices of bacon cut in small pieces, fry brown and crisp; to this add a scant cup of vinegar diluted with water; pour this while warm over the salad; mix well; pepper and salt to taste, and a little sugar if preferred.

20. **Green Bean Salad.**—Two quarts of green beans, break into small pieces and cook two hours in boiling salt water; drain and cool; add 1 large cucumber and 1 onion chopped fine; cover with salad dressing.

21. **Heavenly Hash (or Fruit Salad).**—Slice three oranges, 3 bananas; flake half of pineapple, place in layers, sprinkle sugar over each layer, squeeze the juice of one lemon over all, put on ice 3 hours. Grated cocoanut may be added if desired.

22. **Tomato Jelly.**—Soak ¾ box of gelatine in ½ cup of cold water; cook a can of tomatoes, a stalk of celery, half an onion, a bay leaf, 2 cloves, a teaspoonful of salt and a dash of red pepper ten minutes. Add 2 tablespoonfuls of vinegar and gelatine. Stir until dissolved; strain and turn into 1 large mold or several small ones; when jellied cut in squares, lay each on crisp lettuce leaf, put on a spoonful of salad dressing and serve.

23. **Nut Salad.**—Four hard-boiled eggs, 1 pound English walnuts, 1 bunch of celery chopped very fine; mix with any desired salad dressing.

24. **Meat Salad.**—Two pounds of meat, 1 pound of pork; boil them together, chop fine; 1 onion, 1 bunch of celery, 2 eggs, lump of butter, 1 cup of vinegar; put on to boil until it gets thick; when cold mix with meat.

25. **Chicken Salad.**—One large chicken boiled whole; when thoroughly cold cut into dice; cut into dice also the white part of heads of celery; mix chicken and celery together, then stir well into them a mixture in the proportion of 3 tablespoonfuls of vinegar to 1 of oil, with salt and pepper to taste; set in a cold place for an hour or so; just before serving mix with a mayonnaise sauce.

26. **Cold Slaw Dressing.**—Two eggs well beaten, ½ teaspoonful melted butter, ½ teaspoonful salt; beat well together and add 6 tablespoonfuls of vinegar and 3 tablespoonfuls of cream; put in a pan of boiling water and cook until thick.

27. **Mustard Dressing.**—One tablespoonful of Coleman's mustard, 1 egg, 1 tablespoonful of cornstarch, 1 tablespoonful sugar, 1 tablespoonful salt, a little pepper, 1 teaspoonful celery seed, 1 pint vinegar; mix all together, cook in double boiler until thick. Will keep a long time if the air is excluded.

28. **Cheese Salad Dressing.**—Two tablespoonfuls of soft, grated cheese pounded until smooth; season with a little cayenne and a teaspoonful of salt; add 1 tablespoonful vinegar and rub till smooth; then add enough oil to moisten.

29. **Mayonnaise.**—Mix 1 teaspoonful of salt with 1 teaspoonful of made mustard, ¼ teaspoonful pepper and ½ teaspoonful celery seed; add to 1 cup vinegar, ½ cup sugar, 3 beaten eggs; stir constantly until it boils.

30. **German Potato Salad.**—Boil 6 large potatoes, peel and slice while hot, and pour over the following: Cut 1½ pounds of lean bacon in small dice and fry brown. Season potatoes with salt, pepper and finely sliced onion;

mix thoroughly with the bacon fat and dice, and then add ½ cup vinegar; garnish with sliced hard-boiled eggs.

31. **Macaroni and Tomatoes.**—One cup grated cheese, 1 quart tomatoes, 1 cup macaroni cooked in salt water until done; then add tomatoes and cheese with salt, pepper, sugar and butter.

32. **Waldo Salad.**—One pint each of celery and apples cut in dice, ½ pint of English walnuts, ½ pound of white grapes, mix together and when ready to serve cover with mayonnaise dressing.

33. **Salmon Dressing.**.—One can of salmon, drained; juice of 2 lemons (or vinegar), 1 teaspoonful of mustard, yolks of 2 hard-boiled eggs; mix yolks of eggs with the mustard, add to salmon and then add lemon juice or vinegar.

34. **Baked Corn.**—Three eggs, ½ pint of milk, 1 tablespoonful melted butter, 1 tablespoonful sugar, 1 can corn; beat whites and yolks of eggs separately; put corn and yolks together; stir hard and add the butter, then the milk gradually, beating all the while; next the sugar and a little salt; lastly, whites of eggs. Bake slowly at first, covering the dish; remove and brown nicely.

35. **Sour Potatoes.**—Slice potatoes as for frying; cook in as little water as possible; when soft season with pepper and salt. Beat 1 egg, add about ½ cup of vinegar, stir into potatoes, let boil a few minutes; more vinegar may be added if desired.

36. **Potato Salad.**—Boil 6 good sized potatoes and cut into pieces the size of a chestnut; add 2 tablespoonfuls of melted butter, a small onion chopped fine and season with ½ teaspoonful each of celery seed, salt and mustard, then add the following dressing: Two eggs, 2 tablespoonfuls sugar, ½ teacup vinegar, ½ teacup water; boil till thick.

37. **Waldorf Salad with Mayonnaise Dressing.**—Cut in small pieces 4 fair-sized apples and about 3 stalks of celery and pour over them the juice of 1 lemon; then add the mayonnaise, mixing it in well. If you wish, add some English walnuts chopped into small pieces.

Mayonnaise.—Three-fourths tablespoonful vinegar, yolk of one egg, ½ teaspoonful salt, ¼ teaspoonful mustard, ¼ teaspoonful sugar, about ¾ of a small bottle of olive oil; stir everything together but the olive oil and then drop that in slowly, stirring all the time.

38. **Mayonnaise Dressing.**—Beat together the yolks of 2 eggs and all the sugar they will take; add ¼ teaspoonful each of pepper, salt, celery seed and ground mustard; add good ½ cup of vinegar and cook, stirring constantly; add a lump of butter about half the size of an egg. The longer you stir it the better it will be.

39. **Salad Dressing.**—One beaten egg, 3 tablespoonfuls sugar, ½ teaspoonful salt, 1 cup vinegar, ½ teaspoonful mustard, pepper to taste. Boil this and stir into creamed milk and butter. Pour over potatoes cold.

40. **Cream Dressing.**—One teaspoonful mustard, 1 teaspoonful salt, 2 tablespoonfuls flour, 1½ teaspoonfuls powdered sugar, a little pepper, 1 teaspoonful melted butter, yolk of 1 egg, ⅓ cup hot vinegar, ½ cup heavy cream; mix the dry ingredients, add butter and yolk, slightly beaten; add vinegar slowly. Cook over hot water, stirring until thickened. Add this to the cream beaten until stiff.

PUDDINGS AND SAUCES.

"The proof of the pudding is in the eating."

PUDDINGS.

Each ingredient used in making a pudding should be of the best quality. The milk should be strictly fresh and the suet perfectly sweet. Dried currants should be washed carefully and dried in a napkin. The stems and dirt should be removed by rubbing in a coarse towel after which the currants should be seeded. Spices must be finely pounded and only the outside rind of oranges and lemons should be lightly grated off.

For puddings, eggs should always be beaten separately, the yolks strained and the whites added last. Boiled milk should be allowed to cool before the eggs are added and if fruit is used it should be added last. Puddings are either boiled, baked or steamed. Add a pinch of salt to all puddings and bake them as soon as mixed. Batter and cornstarch puddings require a rather quick oven while bread, rice, custard and fruit puddings should have a moderate heat.

Boiled puddings will be lighter if boiled in a cloth with full room to swell but some use a mold or bowl with a cloth tied over it. The bag should be wrung out of hot water and well floured on the inside. As a rule boiled puddings require twice as long for cooking as those that are baked. Steamed puddings are likely to be lighter and more wholesome than those that are boiled or baked Put over cold water and do not remove cover while steaming.

1. **Peach or Apple Pudding.**—Fill a buttered baking dish with sliced apples or peaches and pour over the top a batter made of 1 tablespoonful of butter, 1 egg, ½ cup of sugar, ½ cup of sweet milk, 1 cup of flour and 1 teaspoonful of baking powder. Bake in a moderate oven until brown. Serve with cream and sugar.

2. **Apple Dicky.**—A lump of butter the size of an egg, 1 cup of sugar, 2 cups of flour, 3 teaspoonfuls of baking powder, ½ cup of water, 1 egg, a pinch of salt; put sliced apples in a baking dish, pour the batter over them and bake.

3. **Black Pudding.**—To one well beaten egg add 1 cup of molasses, 1 cup of water, 1 teaspoonful of soda dissolved in hot water, 1 cup of flour. Do not stir. Add ½ cup raisins, ½ cup currants; stir in flour, raisins and currants; lastly, add 1 pint of bread crumbs. Beat all well together and steam three hours.

4. **Brown Pudding.**—One cup of buttermilk, 2 cups of bread crumbs (graham, white or mixed), 1 teaspoonful of soda. Dissolve soda in milk, let stand until soft. One egg, 1 cup brown sugar, 1 teaspoonful cinnamon, ½ cup butter, 1 cup raisins, 1 cup flour; pour in buttered pan and steam two hours. Good with cream and sauce. Can be steamed over and be as good as fresh.

5. **Bread and Butter Pudding.**—Lay 6 slices of well buttered bread in a pudding dish greased with butter and stew with seeded raisins; next beat 3 eggs with 1 cup of sugar, 1 teaspoonful of vanilla crystals, and stir in 1 quart of milk and fill dish. Bake one-half hour in quick oven.

6. **Bird's Nest Pudding.**—Stew one pint of apples but do not allow them to cook to pieces; sweeten to taste, having them well covered with

juice. Take one cup of sweet milk and stir into it enough flour to make a thick batter, adding to the flour 1 teaspoonful of baking powder, a little salt and sugar. Then drop the batter into the boiling sauce and either steam on the stove or bake in the oven. When done grate over with nutmeg and serve while hot with cream. Peaches, strawberries, blackberries, raspberries, etc., in season, work equally as well as apples.

7. **Cocoanut and Tapioca Pudding.**—One cup of tapioca soaked over night, 1 quart of milk, 1 cup of sugar, yolks of 3 eggs, whites of 2, 2 tablespoonfuls of grated cocoanut; bake half an hour. Use for a frosting the beaten white of one egg, sweetened, with a tablespoonful of cocoanut; brown in oven.

8. **Steamed Chocolate Pudding.** —One cup granulated sugar, yolks of 3 eggs, 3 tablespoonfuls sweet milk, 1 ounce melted chocolate, 1 cup flour, 2 teaspoonfuls baking powder. To the beaten yolks add sugar and beat until light. Beat whites until very light and mix with baking powder and flour, then add quickly to the other mixture. Put a large spoonful in greased cups and steam half an hour. Sauce: One cup sugar, ½ cup of butter, beat to a cream; add 1 teaspoonful vanilla and ½ cup of milk; stir constantly over hot water, cooking until smooth and creamy.

9. **Baked Indian Pudding with Hard Sauce.**—Stir 6 tablespoonfuls of cornmeal into 1 quart of scalded milk, let it cool just a little. Set aside to cool, then add ½ cup of sugar, 2 eggs well beaten, ½ teaspoonful of salt, 1 tablespoonful butter, dust of cinnamon. Bake slowly one hour. Sauce: Stir to a cream a full cup of sugar and scant ½ cup of butter and juice of one lemon.

10. **Fig Pudding.**—Two large cups of grated bread crumbs, 1 pound of chopped figs, 2 tablespoonfuls of powdered sugar, 6 tablespoonfuls melted butter, 4 eggs, 2 cups of milk. Butter a pan and sprinkle with bread crumbs. Steam 4 hours. Eat hot with whipped cream or good sauce.

11. **French Pudding.**—Cut enough thin slices of bread to fill a quart dish half full, buttering each piece lightly before cutting; lay them loosely in the dish and sprinkle over them ½ cup of sugar and a little grated nutmeg. Heat 1 quart of milk, beat the yolks of 4 eggs, add to milk just before boiling and immediately pour over bread. Beat the whites, add a little sugar and spread over the pudding. Set in the oven a few minutes to brown slightly and it is ready for the table. Serve with cream.

12. **Fruit Dowdy.**—One heaping tablespoonful of butter, 3 large (mixing) spoonfuls of flour, salt, 2 teaspoonfuls of baking powder, milk to wet stiff enough to roll. Put any kind of cooked fruit in a basin and the dough over it and bake in a quick oven.

13. **Fruit Pudding.**—Two well beaten eggs, 1 cup each of butter, sugar, molasses and sour milk in which dissolve 1 teaspoonful of soda, ½ nutmeg grated, 1 teaspoonful cinnamon, ½ teaspoonful cloves, 1 pound each of raisins and currants, flour to stir stiff; bake slowly and when wanted slice and steam and serve with the following sauce: One cup sugar, 1 egg, ½ cup butter, scant tablespoonful cornstarch, 1 cup water; cook in double boiler, remove from fire, flavor with lemon or vanilla.

14. **Lemon Pudding.**—Two cups of bread, grated or chopped very fine after removing all the crusts; grated rind of 1 lemon, yolks of 4 eggs, ½ cup of sugar, 1 quart of milk; bake about 20 minutes or half an hour in a good

oven. When done spread whites of 4 eggs, well beaten with ½ cup of sugar and juice of lemon, over the top. Place in the oven and brown lightly.

15. **English Plum Pudding.**—One-half pound currants, 1½ pounds raisins, ½ pound mixed peel or citron, ¾ pound bread crumbs, ¾ pound of suet, 8 eggs, 1 wine-glassful brandy. Stone and cut raisins in halves. Wash and dry the currants. Mince suet fine; cut candied peel into thin slices and grate bread into fine crumbs. When all these are prepared mix them well together and moisten the mixture with the eggs well beaten and the brandy, and put the pudding into a floured cloth and boil 5 or 6 hours. When done hang up to drain. The day it is to be eaten put into boiling water and boil 2 hours, then turn it out of the cloth and serve with any kind of sauce you may prefer.

16. **Simple Plum Pudding.**—One cup milk, 1 cup suet chopped fine, ½ cup currants, 1 cup raisins, 1 cup Orleans molasses, 1½ cups flour, 1 tablespoonful citron cut fine, 1 teaspoonful soda, 1 teaspoonful ginger, ¼ teaspoonful cloves. Heat the milk and suet together slowly but do not boil. Strain through a sieve to take out lumps. Then add molasses and flour and soda, dissolved in a little hot water; lastly, the spices and fruit, cutting the raisins in two and flouring them; add a pinch of salt. Put buttered paper in bottom of the pudding dish and steam the pudding 4 hours. Foam Sauce for Plum Pudding: One cup powdered sugar, 2 eggs, ½ cup boiling milk. Beat whites and yolks separately. Add sugar to yolks and work it in, then pour on the boiling milk. Set it in very hot (but not boiling) water, stirring now and then until wanted; then beat in lightly the frothed whites and flavor with vanilla, nutmeg or bitter almond.

17. **Prune Pudding.**—Soak one pound of prunes over night, cook soft, remove seeds and whip smooth while hot; 1 cup pulverized sugar. Beat the whites of 2 eggs to a stiff froth, add to the prunes, put in a pudding dish and brown in the oven. Serve with cream when cold.

18. **Quick Puff Pudding.**—Stir one pint of flour, a little salt and 2 teaspoonfuls baking powder into milk until very soft. Place cups well greased with butter in a steamer, put into each cup a small tablespoonful of batter, then berries or other fruit, then another spoonful of batter; cover and steam 20 minutes. Serve with cream or pudding sauce.

19. **Rice Pudding.**—One quart creamy milk, 1 cup rice, 4 eggs, 1 tablespoonful butter, one cup of sugar and a pinch of salt. Boil rice in one pint of milk until tender; remove; add eggs, sugar, milk and salt. Pour into pudding dish; add butter in broken pieces on top. Bake in steady oven for half an hour. Serve with simple dressing.

20. **Sponge Pudding.**—One cup of sugar, 1 small teaspoonful of butter, yolk of 1 egg, 1 cup of milk, 3 cups of flour, 3 even teaspoonfuls of baking powder. Steam 1 hour. Sauce: One-half cup of butter, yolk of one egg, 1 cup of sugar. Mix well, cook and then add the beaten white of the egg and flavor.

21. **Suet Pudding.**—One-half cup of sugar, 1 cup of molasses, 1 cup sour milk, 1 cup suet, 1 cup raisins, 3 cups of flour, ½ teaspoonful of soda and salt, 1 nutmeg, and cinnamon. Steam for 3 hours and serve with dip.

22. **Cherry Puffs.**—Five teaspoonfuls baking powder, 1 teaspoonful salt, 1 cup flour, 2 teaspoonfuls of butter, ½ cup of milk, 1 cup of canned cherries. (All measurements level.) Mix the dry ingredients; put in the butter; add the milk and, when well mixed, the cherries. Steam in buttered molds for 45 minutes.

Serve with foamy sauce. Foamy Sauce:—Cream ¼ cup of butter; add ½ cup of powdered sugar; mix well; add 3 tablespoonfuls of cream and 1 tablespoonful of vanilla.

23. **Strawberry Shortcake.**—Two cups of flour, 2 tablespoonfuls of sugar, 2 teaspoonfuls of baking powder, ¾ cup of milk, ¼ cup of butter, 1 egg.

24. **Vegetable Pudding.**—One cup of grated potatoes, 1 cup of grated carrots, 1 cup of brown sugar, 1 cup of chopped suet, 1 cup of flour (after sifting), ½ teaspoonful of soda in 1 tablespoonful of water, ½ teaspoonful of salt, 1 cup of chopped currants, 1 cup of chopped raisins, allspice to taste. Steam for 3 or 4 hours.

25. **Crystallized Apples.**—Boil 1 cup of sugar in 2 cups of water for 5 minutes. Pare and core as many apples as desired and place in pan without crowding; cook till tender; lift out carefully and put in baking pan. Sprinkle well with sugar and brown slightly in moderate oven. Boil down the syrup to about a cupful; pour around but not on the apples. When cool place in a glass dish with a little currant jelly on each apple.

26. **Cherry Pudding.**—One cup sour milk, 1 teaspoonful soda, 1 cup sugar, 1 egg, 1 cup seeded cherries, flour enough to make a stiff batter; place in cloth, allowing room for raising; steam 40 minutes.

27. **Currant Pudding.**—One-half pound raisins, 1 pound currants, ½ pound of finely chopped suet, 2 cups of sugar, 2 eggs, 1 nutmeg, 2 teaspoonfuls of cinnamon, 2 teaspoonfuls of baking powder, 1 teaspoonful soda, 1 cup milk, 1 cup water. Mix together and boil for 5 hours. Serve with cream or dip.

28. **Chocolate Pudding.**—One cup of bread crumbs, 1 pint of milk; put this in a double boiler and scald; yolks of 2 eggs, ½ cup sugar, 1 teaspoonful vanilla and 1½ teaspoonfuls of cocoa or chocolate. Add the milk and bread crumbs to this and bake for 5 or 10 minutes. When done spread beaten whites of 2 eggs and brown. To be eaten with whipped cream.

29. **Rice Pudding.**—Three tablespoonfuls of rice, ½ cup sugar, 1 quart of milk; bake slowly 2 hours.

30. **Cheap Pudding.**—One quart of flour, 1 cup chopped suet, 1½ teaspoonfuls baking powder; rub flour and suet together; ½ pound raisins, a pinch of salt, 1 teaspoonful of ground cinnamon, 1 teaspoonful of ground cloves, 1 cup sugar. Mix with water or milk and steam 2 hours.

31. **Cottage Pudding.**—One cup milk, 1 cup sugar, 1 egg, lump of butter the size of an egg, 1 pint of flour, a pinch of salt, 1 heaping teaspoonful baking powder. Sauce:—One egg, 1 cup sugar, 1 teaspoonful flour, small piece of butter; mix and add boiling water; let come to boil; flavor with vanilla.

32. **Brown Betty.**—Soak old or hard bread and line baking dish with these crumbs. Then put in a layer of apples sliced very thin over which sprinkle sugar and add little bits of butter; make alternate layers of crumbs and apples till dish is full, having the last layer of crumbs. Sprinkle this well with sugar and bits of butter and cinnamon; add ½ cup water and bake half an hour. To be eaten with sweetened cream.

33. **Lemon Rice Pudding.**—One quart of milk, 1 cup rice, yolks of 2 eggs, pinch of salt; cook in slow oven until rice is soft. Beat the whites of 2 eggs, 1 cup sugar, the juice and grated rind of 1 lemon; put on top and return to the oven to brown.

34. **Date Pudding.**—Cream a lump of butter the size of an egg with 1 cup of sugar. To this add the beaten yolks of 2 eggs, ½ cup of milk and the whites of 2 eggs beaten to a stiff froth; also 2½ scant cups of flour and 1 large teaspoonful of baking powder; then add dates or other fruit. Sauce: One egg, 3 tablespoonfuls sugar, 1 tablespoonful of flour; boil and then add extract.

35. **Cup Pudding.**—For the batter use 2 eggs, 1 cup sugar, 1½ cups of flour, ½ cup of milk, butter size of walnut, 2 teaspoonfuls baking powder. Fill cups half full of berries or any kind of fresh fruit; place sufficient sugar over the fruit and a spoonful of batter over all; steam 30 minutes. Serve with a sauce.

36. **Orange Pudding.**—Peel 4 large oranges and take out all seeds and white. Cut in small pieces. After covering with sugar, let stand 2 hours; then take 1 pint of milk, 2 tablespoonfuls cornstarch, yolk of 1 egg, 1 cup sugar; cook in double boiler until thick; pour over oranges and stir all together. Beat white of egg, add a small amount of sugar and cover pudding. Brown in oven.

37. **Quick Apple Dumplings.**—Pare and cut into small pieces 6 quick cooking apples; lay these in a deep baking dish or pan; sprinkle sugar over them. Make a batter of 3 cups of flour in which 2 teaspoonfuls of baking powder have been sifted, and a pinch of salt; add enough water to make a very stiff batter, spread this over the apples and steam 30 minutes. To be eaten with sweetened milk or cream.

38. **Snow Pudding.**—Over ½ box of gelatine pour 1 pint of boiling water; add the juice of 1 lemon and 1½ cups of sugar; when nearly cold, stir in the whites of 2 eggs beaten to a stiff froth. Serve with boiled custard.

39. **Fruit Roll.**—One egg, ½ cup sugar, 1¾ to 2 cups of milk, 1 teaspoonful of salt, 4 cups sifted flour, 4 teaspoonfuls of Rumford Baking Powder, 1 cup cleaned currants or chopped raisins. Sift flour, salt, sugar and baking powder together; beat egg light and add to milk; flour the fruit and mix all together. Let stand 20 minutes and bake in a moderate oven 1¼ hours; cover with buttered paper if baked in open pan. Butter the top with melted butter if covered pans are used. Be sure to cover close while it is standing the 20 minutes.

40. **Bread Pudding.**—One pint grated bread crumbs, 1 quart milk, 1 teaspoonful butter, 1 teacup sugar, 3 eggs, saving whites of two for frosting. While pudding is baking heat the two whites until very stiff; add ¼ cup of sugar and spread on pudding as soon as it comes from oven; then set in oven again to brown.

41. **Fruit Juice Blanc Mange.**—Sweeten 1 cup of fruit juice to taste; then stir 1 tablespoonful of cornstarch into a little of the juice and then into all. Boil until as thick as desired.

42. **Raspberry Float.**—One pint red raspberries, 1 pint boiling water, 1 cup sugar, 4 level tablespoonfuls cornstarch, 1 tablespoonful lemon juice; put the sugar and cornstarch into a sauce pan, mix thoroughly, pour in boiling water and stir constantly over the fire until clear; remove, add lemon juice and berries and serve very cold with cream.

43. **Gelatine Jelly.**—One box of Cox's gelatine, 1 pint of cold water to

dissolve it, then 3 pints of boiling water, 2 pounds white sugar, 1 pint white wine and the juice of 3 lemons; pour into a mold and set on ice.

44. **Fruit Puff Pudding.**—One pint flour, 2 teaspoonfuls baking powder and 1 teaspoonful salt, mixed thoroughly. Make into a soft batter with milk. Put into greased cups 1 spoonful of batter, then apples or other fruit and cover with another spoonful of batter. Steam ½ hour and serve with liquid sauce as follows: One cup sugar, ¼ cup butter worked to a cream; put 1½ cups water in a sauce pan; when it begins to boil thicken with flour (mixed in cold water) to a consistency of cream. Take from the fire and stir rapidly into the butter and sugar. Flavor with nutmeg or any desired flavoring. For a sour sauce use vinegar.

45. **Prune Whip.**— Beat whites of 4 eggs stiff; add small cup sugar, ½ teaspoonful vanilla, ½ cup stewed prunes pitted and chopped fine. Put into buttered baking dish and bake 20 minutes in a moderate oven.

46. **Blanc Mange.**—Dissolve one-half box of gelatine by soaking it in a half cup of cold water for an hour. Blanch four ounces of sweet almonds and one-half ounce of bitter almonds and pound them together in a mortar occasionally moistening with orange-flower water. Put the pounded almonds into one quart of fresh cream, set them over a fire and stir constantly till they come to a scald and then pour in the gelatine.

SAUCES.

Use brown or powdered sugar for sauces and do not boil them after the butter is added. Instead of wine or brandy, grape or other fruit may be used as a sauce flavor.

1. **Cream Sauce for Puddings.**—One-third cup of milk, 1 pint of cream, ⅓ cup powdered sugar, ½ teaspoonful vanilla. Mix the cream and milk and beat until stiff with an egg beater. Add sugar and vanilla.

2. **Hot Chocolate Sauce for Ice Cream or Pudding.**—In a granite sauce pan place 1 pound of light brown sugar, ¼ pint fresh milk, 2 ounces of chocolate grated, 1 ounce of good butter. Boil together until it forms a soft ball when dropped into cold water. Take from the stove and flavor with vanilla. Serve hot; can be made beforehand and heated when wanted.

3. **Hard Sauce.**—One cup powdered sugar and ¼ cup of butter creamed together, 1 teaspoonful of vanilla.

4. **Lemon Sauce.**—One tablespoonful butter, 1 tablespoonful cornstarch, ½ cup sugar, 1 egg, 1 pint boiling water; put cornstarch, egg, sugar and butter together and beat well, then pour over them the boiling water and stir over fire until thick; take from fire and add as much lemon juice as desired.

5. **Pudding Sauce.**—One-half cup butter, 1 cup sugar, 1 tablespoonful flour, 1 pint boiling water; boil; add desired flavor.

6. **Fig Sauce.**—Soak figs in cold water or a little sour cider all night; the cider is better. Then boil them gently until they are tender. Just before taking them from the fire add sugar to your taste. If you do not use cider the juice of one or two lemons should be used to prevent the sauce from tasting insipid.

CREAMS AND CUSTARDS.

"An't please your Honour," quoth the Peasant,
"This same dessert is very pleasant."

—*Pope.*

We give herewith a recipe that is the ground work of all creams made with custard:—

Stir two ounces of lump sugar, or sufficient for the purpose required, into a pint of boiling milk. Have ready the beaten yolks of four eggs and pour the boiling milk over them. Put into a stew pan, place over a slow fire and stir with a wooden spoon as briskly as possible for twenty minutes or until it begins to thicken; then set on the coolest part of the range where it cannot simmer and let it stand for fifteen minutes, stirring occasionally. When the custard is ready it should be poured into a basin and flavored with vanilla, lemon or almond. Stir until cool so as to prevent a skin forming over the top.

The secret of making a custard is in the stirring and when this is properly done, a custard made with milk and the number of eggs given in this recipe will be as rich as one made with cream and a greater number of eggs.

For cream and custards, eggs should be beaten in stone or earthenware but never in tin.

Custard should always be baked slowly in a moderate oven for too much heat will turn it to whey. The rule for a custard to bake is one cup of sugar, four eggs and one-half teaspoonful of salt to a quart of milk.

In boiling custard always use a double vessel. It is well to bake custards in small cups to be served to each person.

Remember that nutmeg and cinnamon are used with sugar, and cloves and allspice with meats.

Only the outer part of lemon rind should be used. A good way is to rub it off with hard lumps of sugar. The sugar thus becomes saturated with the oil of the lemon.

1. **Apple Float.**—Beat the whites of 4 eggs to a stiff froth; add 4 large tablespoonfuls of powdered sugar and beat until fine and dry; pare 2 large, tart apples and grate into this mixture a little at a time, beating all the while. Have ready a good sized glass dish partly filled with whipped cream; heap this by tablespoonfuls over the surface and dot here and there with candied cherries.

2. **Apple Snow.**—Peel and grate 2 small sour apples, sprinkling over it a small cup of powdered sugar as you grate, in order to keep it from turning dark. Break the whites of 2 eggs into this and beat it constantly for half an hour. Have it on a large platter as it beats up very stiff and light. Heap in a glass dish, pour a fine, smooth custard around it and serve.

3. **Banana Pudding.**—Two eggs, 1 quart of milk, 1½ teaspoonfuls of cornstarch or flour, 1 teaspoonful of vanilla, 4 tablespoonfuls of sugar; cook in double boiler and when cool pour over 6 bananas sliced very thin. It is like ice cream.

4. **Bavarian Cream.**—One and one-half pints of milk, ½ box of gelatine soaked in ½ pint of water, 3 eggs, 1 cup of sugar, salt. Put sugar and milk on to heat, then put in yolks mixed in a little of the cold milk, then add gelatine and the whipped whites of the eggs. Pour over bananas or fruit if desired.

5. **Charlotte Russe.**—Soften 1 teaspoonful of gelatine in enough cold water to cover. When well soaked add a little boiling water to dissolve it and 4 heaping tablespoonfuls granulated sugar. When cool strain slowly into a pint of rich cream that has been chilled and whipped to a stiff froth, beating all the time while adding ingredients. Flavor to fancy.

6. **Cherry Tapioca.**—Soak over night 4 tablespoonfuls of tapioca in a pint of water. Take a pint of stoned cherries, add their juice to the tapioca, stir in a pint of water and enough sugar to sweeten, boil gently for 15 minutes. Add the fruit and boil 5 minutes more. Serve very cold with plain or whipped cream.

7. **Custard.**—One tablespoonful of flour, 2 of butter and 4 of sugar; stir to a cream, add the white of 1 egg, pour ¼ pint of boiling water over, stirring constantly. When cool, add 1 teaspoonful of vanilla.

Cake Part for Above.—One-half cup of sugar, yolk of one egg, 1 teaspoonful of baking powder, 4 tablespoonfuls of water, 1½ cups of flour.

8. **Custard Souffle.**—Two scant tablespoonfuls each of flour and butter, 2 tablespoonfuls of sugar, 1 cup of milk and 4 eggs; let the milk come to a boil. Beat flour and butter together; add gradually to the boiling milk and cook 8 minutes. Beat the sugar and yolks together, add to the cooked mixture and set away to cool. When cool add the well beaten whites of eggs. Pour into a well buttered pudding dish, bake 20 minutes and serve with a creamy sauce.

9. **Fruit Jelly.**—Soak ½ box of gelatine in 1 pint of cold water until dissolved; then add 2 cups of sugar, pulp and juice of 1 lemon, 1 pint of boiling water. Strain over any fruit desired and let thicken.

10. **Mock Whipped Cream.**—To one large, sour apple, peeled and grated, add the white of one egg and one cup of sugar; beat all together a long time; flavor with vanilla. Mix apple with sugar as soon as possible after grating to keep the apple from turning dark. This is used like whipped cream and is delicious. Very nice served on squares of sponge cake.

11. **Orange Float.**—Slice 2 oranges and lay in sugar for an hour or longer. Make a custard of one pint of water, 1 heaping tablespoonful of cornstarch, 1 cup of sugar and the juice of 1 lemon; cook until as thick as custard and when cold pour over the oranges. If desired place the beaten whites of 2 eggs on top, sweetened, and brown in oven.

12. **Pretty Pudding.**—One cup of water, 1 cup of fruit juice, a pinch of salt, a little sugar if needed, 3 tablespoonfuls of cornstarch; boil 10 minutes, take off and beat in whites of 2 eggs. Cool and serve with a sauce made of 1 pint of milk, 3 tablespoonfuls of sugar and the yolks of 3 eggs. Cook and flavor.

13. **Pink Cream.**—Three gills of currant or strawberry juice. Mix with ½ pound of powdered sugar, ½ pint of thick cream; whisk until well mixed and serve in a glass dish.

14. **Raspberry Whip.**—One cup of powdered sugar, white of one egg, 1¼ cups of berries. Put all in a bowl and beat with wire whisk about half an hour, or until stiff enough to hold in shape. Pile lightly on dish, chill, surround with lady fingers and serve with thick cream. Strawberry whip may be made in the same way.

15. **Russian Cream.**—Soak ½ pound of gelatine for half an hour in a little water; 1 cup of sugar, 1 quart of milk, 4 eggs; mix sugar, milk, yolks of eggs and gelatine together. Set in a kettle of water and boil 20 minutes.

Beat the whites stiff and stir into the custard after taking from the fire. Flavor with vanilla and serve with whipped cream.

16. **Spanish Cream.**—Cover one-third box of Cox's gelatine with cold water and let it stand for an hour. It should then have absorbed all the water. Heat three cups of milk; add to it the beaten yolks of 3 eggs, a cup of sugar and the gelatine, with a half teaspoonful of salt. Stir this over the fire and as soon as it comes to a boil remove it to a table and add the beaten whites of 3 eggs and half a teaspoonful of vanilla. Pour this into molds and cool. Give it time enough in a cool place until it becomes firm.

17. **Strawberry Foam.**—Mash 1 quart of strawberries with 1 large cup of sugar; rub through a sieve; add ½ ounce of gelatine, dissolved and strained. Whip 1 pint of cream; beat the whites of 2 eggs and fold into the strawberry juice; set on ice to chill. Serve in glasses with fancy cakes.

18. **Velvet Cream (Elegant).**—Put 3 large spoonfuls of pulverized sugar into ½ pint of cream beaten to a stiff froth; add a large spoonful of gelatine dissolved in a little water. Flavor with a teaspoonful of brandy or tablespoonful of sherry; let harden and serve with any fruit juice.

19. **Kiss Pudding.**—Beat the yolks of 3 eggs with ½ cup of sugar till light; add 1½ tablespoonfuls of cornstarch; stir in 1 pint of boiling milk; stir on the stove until thick; pour into a pudding dish; beat the whites of the eggs with ½ cup of sugar and spread over the top and brown.

20. **Spanish Cream.**—Make a soft custard of 1 quart of milk, 6 tablespoonfuls of sugar, 6 eggs; put 1 box of gelatine dissolved in 1 pint of water over the fire; add the custard; flavor.

21. **Apple Custard.**—Take 1 pint of mashed stewed apples, 1 pint of sweet milk, 1 cup of sugar, 4 eggs and a little nutmeg; bake slowly.

22. **Charlotte Russe.**—Three-fourths quart of rich cream, ½ pint boiling milk, 2 tablespoonfuls gelatine, 2 tablespoonfuls pulverized sugar, 1 teaspoonful vanilla. Put gelatine to soak in a little cold milk, then pour the boiling milk over it. To the cream add sugar and vanilla and whip till stiff; strain the milk containing gelatine and when cold mix with whipped cream, beating while mixing. Lay some slices of stale sponge cake or some lady fingers in a mold; pour mixture over them and set aside until stiff.

23. **Lemon Gelatine.**—One-half pint cream, whipped, 1 cup gelatine, 2 cups granulated sugar boiled to a syrup with water and set aside to get cold; 1 cup ground pineapple improves it; vanilla to taste.

ICE CREAMS, SHERBETS AND ICES.

"Give us the luxuries of life, and we will dispense with the necessaries."

Ice cream is richer when cream is used instead of milk; however, milk alone may be used or milk and cream together. A number of varieties are obtained by adding various flavors and colors to vanilla ice cream, so we will first give a recipe for it. In making such ice cream as lemon, etc., from vanilla ice cream where the extract is used without the fruit, add one tablespoonful of extract to one gallon of vanilla ice cream. Ice cream expands in freezing so that the freezer does not need to be filled at first.

In making ices be sure to use enough sugar and fruit for part of their

taste is lost in freezing. There must be enough fruit, also, to give body to the ice.

1. **Vanilla and Lemon Ice Cream.**—To make a gallon freezer full, take 2½ quarts of cream, 18 ounces of granulated sugar, 3 eggs well beaten and 1 tablespoonful of vanilla extract. Freeze until stiff. To make lemon ice cream add 1 tablespoonful of lemon extract to a gallon of vanilla ice cream.

2. **Chocolate Ice Cream.**—Shave 4 ounces of bitter chocolate very fine and add to it, a little at a time, 1 teacup of hot cream, rubbing continually with a spoon till the chocolate is all dissolved and smooth. Whip this thoroughly into one gallon of vanilla ice cream.

3. **Strawberry Ice Cream.**—Wash 1 quart of strawberries, cover with sugar and let stand until the sugar is dissolved, then pass through a fine cloth; add 1 tablespoonful of strawberry extract and whip into a gallon of vanilla ice cream.

4. **Banana Ice Cream.**—Remove all dark spots from 4 bananas, mash thoroughly and whip into 1 gallon of vanilla ice cream.

5. **Almond Ice Cream.**—One pint of blanched almonds, 1 pint of milk, 1 quart of cream, 1 cup of sugar. Brown the almonds, then pound them to a paste in a mortar; cook the milk and pounded almonds together, then add the sugar and cook for a few moments; strain the mixture through a sieve, pressing through as much of the almond as possible; when cold add the cream and ½ teaspoonful of almond extract. Freeze and when hard let stand 2 hours to ripen.

6. **Caramel Ice Cream.**—Put 1 quart of milk in a double boiler; when hot add 1 tablespoonful of cornstarch moistened with milk, yolks of 4 beaten eggs and ½ cup of sugar; boil to the consistency of custard. Scorch 1 cup of maple molasses or ½ pound maple sugar; add a little water to it, then add to the custard; cool, add 1 pint of cream and freeze.

7. **Cocoanut Ice Cream.**—Grate a large cocoanut very fine; add a cup of sugar and the cocoanut to a quart of cream and a little milk; when half frozen add the well beaten white of an egg.

8. **Macaroon Ice Cream.**—One scant cup of sugar, 1 quart of cream, flavor to taste. If it is not wanted so rich a little milk may be added. Set ½ pound of macaroons in the oven for a few minutes to become brittle; roll fine and stir into the cream and freeze.

9. **New York Ice Cream.**—Scant half cup of flour, 1 pint of milk, 2 well beaten eggs. Mix flour smooth with a little of the milk; add to the rest of the milk and the beaten eggs and ½ cup of sugar; boil in a double boiler; when cool add 1 quart of cream and strain. When nearly frozen add candied fruit that has been cut fine and soaked in 2 tablespoonfuls of sherry, and one more cup of sugar.

10. **Peach Ice Cream.**—Slice very ripe fruit and let stand in sugar an hour or two; before using run through a potato masher, or coarse cheese cloth, and add to the partly frozen ice cream. If desired, one or two peaches cut fine but not mashed, may be added at the last. A quart of peaches to a cup of sugar is a good proportion.

11. **Pineapple Ice Cream.**—One pint of milk, 1 quart of cream, 1 can of grated pineapple, 1 pound of sugar, the white of an egg and the juice of a lemon. Heat the milk to the boiling point, stir in the sugar, and set aside to cool; as soon as the milk is cold add the cream and pineapple and freeze.

12. **Raspberry Ice Cream.**—One large cup of sugar, 1 quart of raspberries, 1 quart of cream, 1 pint of milk; mash the sugar and berries and let them stand half an hour, then squeeze them through cheese cloth; after this has been done pour the milk on the pulp and squeeze again until perfectly dry. There should be nothing left in the cloth but seeds. Add to the cream and freeze. Some add the juice of a lemon.

13. **Roman Cream.**—Put ¼ box of gelatine into 1 quart of milk; soak a little while, then add the beaten yolks of 2 eggs and 1 cup of sugar; cook for a few minutes, then add the beaten whites; cool and freeze. To give it a caramel flavor, scorch some of the sugar.

14. **Lemon Ice.**—Take the juice of 6 or 8 lemons and the grated peel of three. Sweeten with sugar or syrup to taste, remembering that part of the flavor is lost in freezing. Add 2 eggs well whipped and ½ ounce of gelatine dissolved in hot water. Strain the whole and freeze.

15. **Orange Ice.**—Using oranges in place of lemons proceed as for lemon ice. Add the juice of the two or three lemons as the taste of orange alone is not sufficiently distinct in an ice.

16. **Cherry Ice.**—Take 2½ quarts of cherry juice and the juice of 2 lemons. Add a few drops of the essence of bitter almonds and cochineal to color. Sweeten to taste and freeze.

17. **Currant Ice.**—Take 3 pints of ripe currants, 1 pint of red raspberries and ½ pint of water. Simmer for a few minutes, strain through a hair sieve, add another ½ pint of water and 12 ounces of sugar and it is ready for freezing.

18. **Strawberry Ice.**—Take 4 pounds of fresh strawberries and the juice of 2 or 3 lemons; color with cochineal and sweeten to taste. The strawberries and lemon juice with a little sugar should be passed through a sieve, then the rest of the sugar and the color should be added before freezing.

19. **Cranberry Ice.**—Stew 1 quart of cranberries in enough water to cover them. When they are soft, mash and strain through a sieve; add one pound of sugar; dissolve one package of lemon Jell-o in a pint of warm water; add to the berries and when cold, freeze.

20. **Peach Ice.**—Four cups granulated sugar, 1 can peaches, juice of 3 lemons, whites of 2 eggs, 3 pints water. Cook peaches, lemon juice and sugar together; when cool, add chopped peaches and whites of eggs; freeze.

21. **Currant Sherbet.**—One pint of red currant juice, one pound sugar, juice of 3 lemons, 1 pint of boiling water. Dissolve sugar in boiling water; when cold, add currant juice and freeze. Makes 3 pints.

22. **Lemon Sherbet.**—One cup of sugar, 1 pint of milk, 1 lemon. Partly freeze the milk and sugar; then add the strained juice of the lemon and freeze stiff. A little cream will improve it. This will make one quart. If desired, one can of pineapple may be added.

23. **Green Grape Sherbet.**—Strain one quart of grapes through a cloth; sweeten to taste. If too acid add from a pint to a pint and a half of water. Beat the whites of 4 eggs, and put the mixture into the freezer and turn slowly until frozen. This quantity makes a good gallon when finished. It is very white and beautiful and the medical properties of grape juice render it highly digestible.

24. **Orange Sherbet.**—One scant pint of cold water, 1 tablespoonful of gelatine, 1 cup sugar, 6 oranges or one pint orange juice, ½ cup boiling water. Soak gelatine for 10 minutes in ½ cup of cold water; put sugar and

remainder of cold water into pitcher, also the orange juice; if the oranges are very sour add more sugar. Dissolve the gelatine in the boiling water and add to the mixture. Strain into the can and freeze.

25. **Pineapple Sherbet.**—Three lemons, 1 can of pineapple, 3 cups of sugar, 2 quarts of water, whites of 3 eggs. Whip the whites until stiff and add to the mixture after it is frozen; turn awhile to thoroughly mix it.

26. **Bisque Glacé.**—One pint sweet milk, 1 quart cream, 1½ dozen macaroons, ½ pint sherry wine, ¼ box of gelatine; roll macaroons and soak in wine; let milk come to a boil and pour over gelatine undissolved. When cold mix all together, sweeten to taste and freeze.

27. **Frozen Fruit.**—Six oranges, 1 ten-cent can of pineapple, 1 pound white grapes, 4 lemons, 1 fifteen-cent bottle of cherries, 4 large cups sugar, 1 tablespoonful of gelatine. Cut the cherries and grapes in halves, and pineapple into small pieces; divide the oranges into quarters and remove all pith and dividing skin as far as possible, cutting the fruit into small pieces. Add the juice of the lemons and the gelatine dissolved in cold water and the sugar. Freeze shortly before serving, about as one would freeze sherbet, being careful not to make it too solid. This will serve about 40 people if served in small sherbet cups and costs, including ice to freeze, about 75 cents.

28. **Maple Frappé.**—One large cup of maple syrup, yolks of 4 eggs; cook until smooth, cool, and add 1 quart of cream; freeze. This is sufficient for 10 people.

29. **Three of a Kind.**—The juice of 3 lemons and 3 oranges, 3 bananas, mashed fine, 3 scant cups of sugar, 3 cups of water. Mix and freeze. This will make 2 quarts.

30. **Plum Glacé.**—One and one-half pounds of conserves, pears, pineapple, cherries, plums, etc. Bake a sponge cake in a long pan, cut in slices, soak the cake in 1 pint of Angelica wine. Make a custard of 1 quart of milk, the yolks of 4 eggs, 2 tablespoonfuls of flour, a little salt and sweeten to taste; let cool. Put a layer of fruit and cake in mold, then pour over custard. Freeze 12 hours with a tight lid over it—like ice cream, only do not stir. Serve with whipped cream flavored with pineapple.

31. **Tutti Frutti.**—When vanilla ice cream is partially frozen add candied cherries, chopped citron, chopped raisins or other candied fruit chopped rather fine. Use about half the quantity of fruit that there is ice cream.

BEVERAGES.

Including Punch, Fruit Juices and Home-Made Wines.

Drink, pretty creature, drink.—*Wordsworth.*

"Polly, put the kettle on, and we'll all take tea."

1. **Dandelion Wine.**—One full quart of dandelion blooms, 1 gallon water, 1 lemon cut in slices (not peeled), 2½ pounds of sugar. Put in a kettle

and boil 5 minutes, then pour into a jar; when cold, add 2 tablespoonfuls of good yeast. Keep in a warm place 3 days until it ferments, then strain and bottle; cork tightly.

2. **Grape Juice.**—Three pounds of sugar to two baskets or 20 pounds of grapes. Wash and break from the stems, barely cover with water, mash and boil from 15 to 20 minutes; then let it slowly drain through cheese cloth; add the sugar and let boil again. Bottle and seal immediately.

3. **Punch.**—Juice of 3 oranges, juice of 3 lemons, 3 cups of sugar, 2 quarts of water, 1 pint of port wine or fruit juice and add a few cherries or pineapple, chopped.

4. **Elder Blossom Wine.**—Add 1 gallon of boiling water to 1 quart of elder blossoms and let stand 1 hour; then strain and add 3 pounds of sugar; boil a little and skim. Let stand until lukewarm; then add 1 lemon, sliced fine, and 1 tablespoonful good yeast. Let stand 24 hours. Then strain and put into bottles or jugs, filling full until all impurities are worked out. Be sure to fill up jugs as fast as it works out, and the wine will be a beautiful amber color. In making this wine, great care should be taken to keep all stems out, as they make the wine taste rank and give it a dark color.

5. **A Grapefruit Cocktail.**—Break up the pulp of 2 grapefruit and pour over it ½ pint of brandy and ½ pint of sherry. See that this covers the fruit. Sprinkle with sugar and let stand over night. In the morning add ½ pint of maraschino cherries and the liquor. This may be strained and served without the fruit if preferred.

6. **Raisin Wine.**—Two pounds of raisins, seeded and chopped fine, 1 pound of sugar, 1 lemon and about 2 gallons of boiling water. Put into a stone jar and stir daily for 6 or 8 days; then strain and bottle and put in a cool place for 10 days and it will be ready for use.

7. **Roman Punch.**—Make a rich punch of oranges, lemons and pineapple. When partly frozen pour into it a pint of rum; some also add the sweetened whites of two eggs. All of the punch can be added or a part reserved and poured over the mixture after placed in the glasses.

8. **Tea Punch.**—Six oranges, 6 lemons, 6 bananas, 1 can grated pineapple. Make strong tea, about 2 quarts; add sugar to taste and serve ice cold.

9. **Communion Wine.**—Twenty pounds of grapes after taking off the stems, 6 quarts of water, 6 pounds granulated sugar. Put grapes and water in stone or earthen jars over the fire until the skins and seeds separate from pulp. Strain through cheese cloth and return to jars; add sugar and mix thoroughly, using china cup or wooden spoon; use no tin, iron or even silver about the wine. Strain again through fresh cheese cloth and put in jars over the fire. Do not boil it hard but allow it to heat gradually until it begins to simmer or stir from the heat. Bottle at once.

10. **Kentucky Egg Nog.**—Stir ⅔ of a cup of sugar into 6 eggs that have been beaten until light. When dissolved add 12 tablespoonfuls of best whiskey. The whiskey is intended to cook the egg and the quantity used depends upon its strength. Mix a pint of rich cream with the other ingredients. This makes 6 glasses of egg nog. Grate a little nutmeg over the top of each glass when filled.

11. **Lamb's Wool.**—Boil 3 quarts of sharp cider down to 2 quarts and while it is still boiling add a teacup of brown sugar, also a teaspoonful each

of allspice, ginger, cloves and cinnamon; place the spice in a bag so it can be removed. Core and bake 6 good cooking apples until well done, scoop the apple out of the peel and put through a sieve. While the apples are still hot add them, with ½ teacup of brandy, to the cider and serve hot.

12. **Cream Toddy.**—First whip a pint of rich sweet cream, then put 3 tablespoonfuls of whiskey and 2 teaspoonfuls of sugar in a glass and fill with whipped cream and stir well; two or three candied cherries may be placed on each glass.

13. **Wassail Bowl.**—With half a pound of Demerara sugar mix ½ ounce of grated ginger, a pinch of powdered cinnamon and half a grated nutmeg. Put this into a sauce pan with a pint of ale, and let it boil; then stir in two more pints of ale, half a bottle of Madeira, sherry or raisin wine, and a large lump of sugar which has been rubbed on a fresh lemon rind until the yellow part is taken off. Now let the wine get very hot but do not let it boil. Pour it into a bowl and throw into it six roasted apples and half a small lemon cut in slices with the white pith cut out. Serve very hot.

14. **A Cranberry Drink.**—Put ½ pint of cranberries over the fire to boil. In another vessel boil half a gallon of water, the peel of half a lemon and an ounce of oatmeal for ten or fifteen minutes, then add the cranberries and water and a little sugar but not enough to take away the acid of the fruit; put in 2 glasses of wine. Boil for 20 minutes, strain and serve cold.

15. **Orange Toddy.**—Take two ounces of powdered sugar, four ounces of strained orange juice, a strip or two of orange rind, half a pound of crushed ice and two ounces of old whiskey. A little shredded pineapple improves this recipe greatly.

16. **Milk Punch.**—Put the thin rind of half a lemon into a quart of good milk in a double boiler and let it come to a boil. Beat together the yolks of 2 eggs and 4 ounces of sugar. Take the lemon rind from the milk, add the sugar and egg, also 8 tablespoonfuls of rum and 4 tablespoonfuls of whiskey. Whisk until the mixture froths, but do not let it boil again.

17. **Tom and Jerry.**—Beat 4 eggs until they are very light. Into each glass put 3 tablespoonfuls of the egg, 3 tablespoonfuls of whiskey and 2 teaspoonfuls of sugar; add a pinch of ground cloves, cinnamon and allspice and mix well. Fill the glasses up with boiling water and serve as soon as cool enough to drink.

18. **Grape Juice.**—Cover 8 quarts of picked grapes with 2 quarts of water and bring to a boil; strain same as jelly, then add 2 pounds sugar; let boil 8 or 10 minutes, then seal.

19. **Raspberry Vinegar.**—Pour 1 quart of wine vinegar over 2 quarts of red raspberries and let stand over night; strain through jelly bag on 2 quarts of fresh berries. Next morning repeat this, making in all 6 quarts of berries and 1 quart of wine vinegar. Then to each pint of liquid add ¾ pound of sugar and boil for 20 minutes. Bottle when cold. Proportion for beverage, 2 tablespoonfuls to 1 glass of water.

20. **Blackberry Wine.**—First measure the berries and bruise them; add 1 quart of boiling water to each gallon; let the mixture stand 24 hours, stirring occasionally; then strain off the liquor and put into a cask; to every gallon add 2 pounds of sugar; cork tight and let stand till the next October, when it will be ready for use. It may be bottled if desired.

21. **Christmas Temperance Punch.**—To 4 pounds of sugar and 2 quarts of water add the grated yellow rind of 4 lemons and 6 oranges. Stir until the sugar is dissolved and then boil for 10 minutes. Strain, and when cool add the juice of the oranges and lemons and two tart baked apples which have been passed through a sieve. When wanted, put a small piece of ice in the punch bowl, pour over the syrup, add a pint each of grape juice and ginger ale, and enough effervescing water to make it palatable.

22. **Farmer's Soda.**—Strain the juice of a lemon and put into a medium sized tumbler; after adding a tablespoonful of powdered sugar, fill the tumbler ⅔ full of cold water; stir until the sugar is dissolved, then add a teaspoonful of soda, stir and drink while effervescing.

23. **Welsh Nectar.**—To a gallon of water add 2 pounds of loaf sugar and the grated rind of 3 lemons; boil for 10 minutes and when cold, strain. Put into bottles each containing 24 raisins, seeded and chopped fine. Cork and set in a cool place, shaking every day for three or four days. This will keep for a week or two if well corked and in a cool place.

24. **Grape Granito.**—To a pint of water add a pound of sugar and boil for 5 minutes. When taken from the stove add the juice of 1 orange and 1 lemon. Add a pint bottle of grape juice when it is cool and chill with ice.

25. **Cherry Shrub.**—Take a quart of very ripe stoned cherries and mash through a colander; add these to a quart of water and a pound of sugar which have been boiled for 5 minutes; also add the juice of a lemon; strain and set aside until cold. Partly freeze or serve with shaved ice.

26. **Various Fruit Waters.**—Nearly all kinds of fruit waters are made after the same recipe. Mash the fruit and add enough water and sugar to make of the right flavor and consistency. For instance, to make currant water mash a pound of ripe currants and add ¼ pound of raspberries if you have them; strain the juice through a sieve and add a pound of granulated sugar and set aside. When ready to serve add enough water to make it palatable.

27. **Cottage Beer.**—Put a peck of good wheat bran and 3 handfuls of hops into 10 gallons of water and boil together until the bran and hops sink to the bottom. Then strain it through a thin cloth into a cooler and add 2 quarts of molasses when it is about lukewarm. As soon as the molasses is dissolved, pour the mixture into a ten-gallon cask and add 2 tablespoonfuls of yeast. When fermentation is over with, cork up the cask and it will be ready for use in four or five days.

28. **Ginger Beer.**—Add 6 ounces of bruised ginger to 3 quarts of water and boil for 30 minutes; add 5 pounds of loaf sugar, ¼ pound of honey, a gill of lemon juice and 17 quarts more of water; strain through a cloth and when it is cold add 2 drachms of essence of lemon and the whole of an egg. It may be bottled after it has stood for three or four days.

29. **Spruce Beer.**—Add 2 ounces of hops to ½ gallon of water, boil for 30 minutes and strain; add 8 gallons of warm water, 1 gallon of molasses and 4 ounces of essence of spruce dissolved in 1 pint of water; put it in a clean cask, shake all well together and add ¼ pint of yeast; let stand and work for six or seven days, or less if the weather is warm. When drawn off, add 1 teaspoonful of molasses to each bottle.

CANNING, PRESERVING, AND JELLY MAKING.

"It is the bounty of nature that we live;
But a philosophy that we live well."

—*Seneca.*

Canning Table.

Kind of Fruit.	Time for Boiling Fruit, Minutes.	Quantity of Sugar Per Quart, Ounces.
Apricots	10	8
Apples, Crab	25	6 to 8
Apples, Sour	10	6
Blackberries	6	5 to 6
Cherries	5	6
Currants	6	8
Gooseberries	8	8
Grapes, Wild	10	8
Huckleberries	5	4
Peaches, in halves	8	4
Peaches, whole	15	4
Plums	10	4 to 8
Pineapple	15	4 to 6
Pears, Bartlet, in halves	20	4 to 6
Pears, small, sour, whole	30	8
Quinces	30	8 to 10
Rhubarb	10	8 to 10
Raspberries	6	4
Strawberries	8	6 to 8
Tomatoes	30	0

Remember that one level cupful of granulated sugar weighs about eight ounces.

CANNED FRUITS.

(All Kinds.)

When canning fruit see that the cans and elastics are perfect and that the tops fit properly. Put the cans and covers into a kettle of water and bring slowly to the boiling point. Dipping the elastics into the boiling water will be sufficient to sterilize them. Set the cans in a pan on the stove and fill to overflowing with the fruit which should be boiling hot. Put the top on quickly and screw it down tightly. As the fruit cools the tops should be screwed down again and again to keep tight. It is best to use glass cans. To test whether they are air tight turn them upside down as soon as they are filled. The juice will ooze out if they are not air tight. Each can should be wrapped with paper to exclude the light and then set in a dark place that is cool but dry. The cans should be examined two or three days after filling, and if syrup leaks out from the rim the fruit should be recooked and used for jam or jelly.

PRESERVES.

(All Kinds.)

Preserves must be made with the greatest care. As soon as pared, peaches, pears, apples and quinces should be placed in cold water to keep them from turning dark. Many fruits, such as pears, quinces, citrons, watermelon rinds, cherries, currants, etc., harden when put at first into a thick syrup. To prevent this they should be cooked first in water or thin syrup and the rest of the sugar added later. Apples, peaches, plums, tomatoes and strawberries are likely to become too soft in cooking. It is a good plan to pour the hot syrup over these fruits or to put the sugar over them and let them stand several hours. Either method extracts the juice and hardens the fruit.

Preserves should boil gently to avoid burning and to let the sugar penetrate the fruit. As a general rule, from three-fourths to a pound of either loaf or granulated sugar is used for each pound of fruit. Put sugar and water over the fire in a porcelain kettle. Beat lightly the white of an egg with two tablespoonfuls of water and add to the syrup just before it boils. As it begins to boil the scum should be carefully removed.

CANNING FRUITS, MAKING PRESERVES, JELLIES, ETC.

Simmer until the preserves are clear, then take out each piece with a skimmer and put at once into the jars. Stew the syrup until it "ropes" from the spoon, skimming off the scum which arises; then pour the syrup over the fruit in the jars and seal. When preserving apples or peaches it is an improvement to add a few slices of lemon or orange. To keep preserves from sugaring add a little tartaric when cooked.

MARMALADES.

Marmalades and fruit butters will require less boiling and will be smoother and better flavored if the fruit is well cooked and mashed before adding either sugar or vinegar. They should be stirred constantly with an apple butter stirrer.

JELLIES.

For jelly, select fruit that is not too ripe as it will jelly better and have a better flavor. It should be heated as the juice can then be better extracted. Jelly should be strained twice and will be much lighter if allowed to hang and drip over night. Heat the juice, then add the sugar which should first be heated in the oven. Jelly should be boiled rapidly in a pan with a large bottom. It should not stop boiling till done, which usually requires fifteen or twenty minutes. If a little gelatine be added it will not need to be cooked so long and will be of a lighter color. After the glasses are filled they should be set in the sun till cold, then a piece of writing paper should be placed directly on the jelly and another piece fastened over the glass with a rubber band. Moulding may be prevented by putting a teaspoonful of sugar on top of the jelly in the glass.

1. **Grape Marmalade.**—Two pounds seeded raisins, 3 cups granulated sugar, 1 pound English walnut meats; remove seeds and skins of grapes; cook 20 minutes.

2. **Quince Honey.**—One quart of quinces grated fine, 1 quart of sugar, 1 pint of water. Boil about 20 minutes after it comes to a boil.

3. **Orange Marmalade.**—This is much more satisfactory if made in small quantities. Take 3 oranges and 1 lemon; slice very thin, not using the ends. Place in a bowl and pour over it 3 pints of cold water; let stand for 24 hours. Then boil in a porcelain kettle until very tender and let stand for another 24 hours. Then to every cup of fruit and liquid add a cup of sugar and boil briskly for about an hour. Try, and the minute it jellies remove from the fire and fill hot dry glasses. Let stand two days before sealing.

4. **Quince Honey.**—Grate one large quince, add 2 cups of sugar and ½ cup of water. Boil 20 minutes.

5. **Cooking Apricots.**—Boil apricots for 5 minutes in water to which ½ teaspoonful of soda has been added and you will be surprised at the small amount of sugar it takes to sweeten them when cooking.

6. **Canned Corn.**—Add 1 cup of salt to 1 gallon of corn cut off the ears; mix well together and pack in jars and steam 3 hours. Screw the lids on the Mason jars tight before steaming.

7. **Canned Elderberries (Excellent).**—Add 2½ pounds of sugar and 1 pint of pure cider vinegar to 7 pounds of elderberries; boil 1 hour. Then seal in jars. This will fill four jars and is excellent for pies.

8. **Canned Beans.**—Pack the beans in tight jars after stringing and breaking in small pieces. Put a teaspoonful of salt on the tops, and cover them with cold water. Seal jars tight. Place the jars in a boiler of cold water and let boil from 3 to 4 hours.

9. **Canned Rhubarb.**—Peel the rhubarb and cut into small pieces, pack in jars, fill with cold water, seal tight; when ready to use will not need as much sugar as when fresh.

10. **To Cook Cranberries.**—To 1 quart of cranberries add 1 teacup of water and put them over the fire. After cooking 10 minutes, add 2 heaping cups of sugar, and cook 10 minutes longer, stirring frequently. Pour them into a bowl or mold and when cold they may be removed as a jelly. If preferred, they may be strained through a sieve before putting in sugar.

11. **Preserved Cherries.**—Use rich, red cherries; stone and weigh them, adding ¾ pound of loaf sugar for each pound of fruit. Let the fruit, stoned and sweetened, stand in a stone jar over night; in the morning put them in the preserving kettle and cook until clear. Put in tumblers; cover the tops, when cool, with melted paraffine before putting on covers.

12. **Strawberry Preserves.**—Take equal parts by weight of sugar and fruit; the berries should be solid, used as soon as ready and not sugared down. Use just enough water to keep them from sticking and put berries, sugar and water all on at the same time and cook for 20 minutes. Then spread on flat dishes and set in sun for 3 or 4 days and then put in glass jars. They will need no more heating or cooking. These are considered fine.

13. **Pear Chips.**—Ten pounds of pears sliced thin, 7 pounds of sugar, 4 lemons boiled soft; press out the juice and pulp; chop the peel very fine. Boil the sugar and fruit together until soft; then add the lemon, ½ pound green ginger root scraped and cut into bits. Let all boil slowly until quite thick. Can be put in jelly glasses and sealed with paper. Very fine.

14. **Gooseberry Conserves.**—Six quarts green gooseberries, 5 pounds granulated sugar, 2 pounds seedless raisins, 5 oranges. Remove the stems from

the berries, and chop the raisins rather coarsely. Cut the oranges into halves and take out the juice and pulp, removing the seeds; cook peel of three of them soft in enough boiling water to cover, changing water once or twice; drain; remove the white part from the peel by scraping with a spoon. Then cut into narrow strips; put sugar, berries, orange peel, juice and rind together in a kettle and heat slowly until the syrup is thick.

15. **Quince Honey.**—Take four pounds of granulated sugar and 1 pint of water and boil for 20 minutes. Constantly skim syrup until clear; grate 1½ quince very fine; then pour into the syrup and let boil 10 minutes.

16. **Orange Marmalade.**—Cut the oranges in halves; take out the pulp with a spoon; take 1 lemon to 5 oranges, preparing the same way. Then cut the shell of the oranges in two, scrape out the white lining and put the skins on to boil; weigh the pulp, take half as much sugar and simmer together 15 minutes. When the skins are transparent and tender, take up and, putting several pieces together, cut it quickly into the narrowest possible strips. Mix these with pulp and sugar; cook until very thick. Put in glasses and when cold, seal.

17. **Lemon Marmalade.**—Take 6 lemons and slice them thin; remove only the seeds; add 3 pints of cold water to each pound of sliced fruit; let this stand for 24 hours, then boil until the chips are tender; pour into an earthen bowl and let stand until next day. Then weigh and, to every pound of pulp, add 1½ pounds of sugar; boil until the syrup jellies and the chips are transparent.

18. **Lemon Butter.**—Juice and grated rind of 2 lemons, 2 cups of sugar, 2 eggs, small lump of butter; boil 10 minutes in a double boiler.

19. **Canned Elderberries.**—Add 4 pints of sugar and 3 pints of best cider vinegar to each peck of cleaned elderberries. Cook until well done and can.

20. **Tomato Preserves.**—Scald and peel carefully some small tomatoes (yellow preferred), add an equal weight of sugar and let stand over night; pour off all the juice and boil until it is a thick syrup; add tomatoes and boil until transparent. A piece of ginger root or 1 lemon, sliced thin, to a pound of fruit is a good addition. Excellent.

21. **Pieplant Jelly.**—Cut pieplant into small pieces, without peeling; cover with water; boil to a pulp; then strain through a flannel bag. Bring the juice to a boil and for each pint add a pint of sugar; boil for about 20 minutes or until it will jell.

22. **Orange Marmalade.**—One dozen navel oranges and 2 lemons; cut in small pieces, the smaller the better. Cover with 3 quarts of water and let stand 24 hours. Then measure the juice and allow 1 pound of sugar to 1 quart of juice and boil until tender or transparent.

23. **Canned Apple Sauce.**—Put apple sauce into hot jars and seal at once and it may be kept either for table use or for pies till apples are out of the market.

24. **Canned Pineapple.**—Pare the pineapples and carefully cut out all the eyes; chop them fine and weigh; add the same weight of sugar; put into a large crock, mix thoroughly and let stand 24 hours; fill the cans full and seal tight. In about two weeks look them over to see that none are spoiling. If they are, heat them again and refill cans.

PICKLING.

Including Recipes for all Kinds of Pickles, Catsup, Chow Chow, Chili Sauce, Chowder, Piccalilli, Etc.

"Peter Piper picked a peck of pickled peppers."

It is always best to use cider vinegar in making pickles as other kinds eat the pickles or make them soft. Vinegar which is too strong should be diluted with water. The vinegar should never be boiled but should be poured on the pickles hot as it comes to the first scald. If pickles are put into brine the brine should be strong enough to float an egg. A heaping pint of coarse salt should be used to each gallon of water. Never put pickles into anything that has previously held any kind of grease and never let them freeze. A good way is to put pickles in bottles and seal while hot. Put a slice or two of horseradish into the jar with pickles. It will soon sink to the bottom, taking the scum with it and leaving the vinegar clear.

1. **Beet Pickles.**—One quart of beets chopped fine, 1 quart of cabbage, 1 cup sugar, 1 teacup grated horseradish, 1 teaspoonful salt, 1 teaspoonful pepper. Mix all together and cover with cold vinegar; can in air tight cans and keep in dark place.

2. **Chopped Pickles.**—Two large heads of cabbage, 1 peck of green tomatoes, 3 green peppers, 1 small cup salt; chop, mix, let stand over night and drain. Cover with cider vinegar. Boil until soft; drain again and mix with 1 tablespoonful mustard, 1 tablespoonful cloves, 2 pounds of raisins, 2 pounds of sugar, ½ cup grated horseradish, 3 chopped onions, celery and salt to taste. Hot vinegar enough to make moist. Can rather dry.

3. **Chow Chow.**—Two heads of cabbage, ½ peck green tomatoes, 1 large ripe cucumber, 2 large onions, 9 large, red sweet peppers, 10 cents worth of white mustard seed, 10 cents worth of black mustard seed, 2 ounces celery seed, ½ pint salt, 1 coffee cup grated horseradish. Mix cabbage, tomatoes and salt; let stand 4 hours in colander to drain; drain onions and cucumbers; scald 1½ gallons of vinegar and 3 pounds brown sugar and pour over the mixture; heat thoroughly. This makes 10 quarts.

4. **Sliced Cucumbers.**—Peel and slice a gallon of cucumbers and soak over night in weak salt water. Drain and put them in weak vinegar on the stove and let them get hot; drain and pack them in glass jars. Take one quart of vinegar, a few slices of onions, sugar and spices to taste; let it come to a boil. Then, while hot, pour this over the cucumbers and seal.

5. **Dill Pickles.**—Fill a stone jar with alternate layers of grape leaves, fresh cucumbers, dill and salt. Cover with water and an inverted plate; place a brick on the plate to hold all under water. The cucumbers will be ready to use in about two weeks.

6. **Cucumber Pickles.**—Wash some cucumbers from 1 to 2 inches long; let them stand in moderately strong brine for 12 hours; remove from brine and place in a porcelain kettle; cover them with weak vinegar and let come to a boil. Pack in glass cans. In another vessel bring to the boiling point some strong cider vinegar with mixed spices and sugar, allowing ½ cup of sugar to 1 quart can of pickles. Fill up can with hot spiced vinegar and seal at once.

7. **Green Tomato Pickles.**—Chop fine 8 pounds of green tomatoes; add 4 pounds of brown sugar and boil 3 hours; add 1 quart vinegar, 1 teaspoonful each of mace, cinnamon and cloves, and boil 15 minutes.

8. **Tomato Higdom.**—Mix 1½ cups of salt with 1 bushel of green tomatoes chopped fine and let them stand over night. In the morning, after pressing hard to extract all juice, add 1 cup mustard, 3 pounds sugar, 12 red peppers chopped fine, ½ cup celery seed. Mix thoroughly and pack in jars. Over this pour half a gallon of hot vinegar.

9. **Mustard Pickles.**—One quart large cucumbers, cut in pieces; 1 quart small cucumbers, 1 quart large tomatoes, 3 heads cauliflower, 2 quarts very small onions, 6 red and green peppers cut in strips. Put all in separate dishes of salt and water and let stand over night. In the morning drain off and cook in separate dishes of clear water until nearly tender. Then put together and boil a short time in the following paste: One ounce pulverized tumeric seed, ½ pound ground mustard, 2 cups of flour, 7 cups sugar, 1 gallon vinegar.

10. **Pickled Peppers.**—Cut the stems and rind from the peppers. Then put into strong hot brine, repeating this for three mornings, and then drain off and cover with hot vinegar. When wanted, take out of brine and stuff with creamed sweetbreads and mushrooms and serve on lettuce leaves. A very pretty and appetizing luncheon dish.

11. **Sweet Pickled Peaches.**—Wash clean several pounds of peaches that are not too ripe; it is best to use clings and do not peel them. Put into a porcelain kettle 3 pounds of brown sugar, 1 pint of strong cider vinegar and a small handful each of cinnamon and cloves and bring to a boil. Put in as many peaches as the liquor will cover; cook until moderately soft and put into jars. Cook all alike and pour liquor over them.

12. **Sweet Pickled Prunes.**—Four pounds of prunes, 1 pint of vinegar, 2 pounds of sugar, 1 ounce each of cinnamon and cloves, and ¼ ounce of ginger. Boil the vinegar, spices and sugar together 10 minutes; after soaking the prunes for 2 or 3 hours and steaming them 10 or 15 minutes, pour the hot vinegar over them and boil all together until the prunes are tender. These will be found excellent.

13. **Gooseberry Catsup.**—To 1 pound of gooseberries use ¾ pound of sugar, spices to taste; 1 pint of vinegar to 10 pounds of fruit. Boil 2 hours.

14. **Celery Sauce.**—Two stalks (arrow-root) celery, 15 large ripe tomatoes, 2 red peppers, 2 onions, 1½ cups vinegar, 2 spoonfuls salt, 8 tablespoonfuls sugar; chop all fine and boil 1½ hours.

15. **Tomato Sauce.**—Melt 2 tablespoonfuls butter; add 2 tablespoonfuls flour and 1 pint strained tomatoes; also a small bay leaf, slice of onion, 1 teaspoonful salt, a dash of pepper, 2 cloves and a bit of mace; simmer 15 minutes; strain and serve.

16. **English Chow Chow.**—One quart of cabbage, 1 quart of green tomatoes, 1 quart of onions, 1 quart of cucumbers (pickle), 6 green peppers. Chop fine, put in weak salt water and scald until tender; strain and while hot pour paste, also hot, over the mixture.

Paste.—One cup of sugar, 1 cup of flour, 1 tablespoonful each of tumeric and celery seed, 6 tablespoonfuls of ground mustard, 2 quarts of pure cider vinegar. This makes one gallon.

17. **Tomato Ketchup.**—Twelve ripe tomatoes, 4 green peppers, 2 large onions, 2 tablespoonfuls salt, 4 cups vinegar, 2 tablespoonfuls ginger, 2 table-

spoonfuls brown and white sugar, 1 tablespoonful mustard, 1 tablespoonful cinnamon; boil all together 3 hours or until thick enough.

18. **Damson Plum Catsup.**—Put 2 quarts of ripe damson plums in a stone jar and cook them with good vinegar; let them stand for 3 or 4 days, then with the hands mash them up and put them through a sieve; have your kettle ready and to a pint of liquid add one pound of brown sugar and season to taste with allspice and cinnamon, beaten fine; let it boil ½ hour; skim it while boiling. When cold, bottle and cork.

19. **Chowder (Very Fine).**—One peck green tomatoes, 1 dozen sweet peppers, 1 dozen onions, all chopped fine; sprinkle over 1 quart salt, let stand over night. In the morning drain off and cook one hour in 1 quart vinegar; drain again. Mix with 2 quarts vinegar, 1 bowl sugar, 1 teaspoonful each ground cinnamon, celery seed, ground mustard (or seed), and boil 15 minutes. If liked, one may add allspice, cloves and 1 pint grated horseradish.

20. **Corn Sauce.**—Three dozen corn, ¼ dozen red peppers, ¼ dozen green peppers, 1 cup salt, 3 pints cider vinegar, 1½ pints sugar, 1 large or 2 small heads of cabbage, 2 tablespoonfuls tumeric powder. Slice corn from cob without boiling. Take seeds from peppers and chop fine. Slice cabbage fine. Mix all together and boil half an hour. Seal in glass jars.

21. **Pickled Cabbage.**—One gallon of finely cut cabbage, 2 green peppers cut fine, one pound sugar, 1½ cups mustard seed, 1½ spoonfuls of salt, 2 tablespoonfuls of celery seed, 1 cup grated horseradish, a small piece of alum. Pack in crock and cover with heavy muslin. Then cover with old cider vinegar. No cooking in this.

22. **Stuffed Peppers.**—Soak 3 dozen peppers in salt water over night, then make the filling. Take one head of cabbage and 2 bunches of celery and chop both fine; spices to taste, also some of the seeds of peppers; 1 quart of water, 2 quarts of vinegar, 1 pint of sugar; boil for 30 minutes. Pour over peppers while hot.

23. **Bordeaux Sauce.**—One gallon green tomatoes, 2 gallons chopped cabbage, 1 dozen onions, 1¾ pounds brown sugar, salt to taste, 1 dozen green and red peppers, celery seed and one bunch celery, allspice to taste, cloves, tumeric powder, mustard seed or 3 tablespoonfuls ground mustard; boil 20 minutes.

24. **Piccalilli.**—One gallon green tomatoes sliced, 6 good sized onions sliced, 1 pint granulated sugar, 1 quart pure cider vinegar, 1 tablespoonful salt, 2 tablespoonfuls mixed spices. Mix all together and stew until tender, stirring continually; put in fruit jars and seal.

25. **Euchered Crab Apples.**—Cook nice crab apples till tender; drain; pack in jars with a few whole cloves and pieces of cinnamon bark in each jar. Make a syrup of the proportion of 1 quart of good vinegar to 3 pints of sugar; boil the syrup 5 minutes; skim, then pour over fruit and seal. These are excellent.

26. **Small Cucumber Pickles.**—Soak over night 50 cucumbers in warm salt water containing a piece of alum the size of a hazelnut. Then drain off the water and wipe each pickle dry. Place in a jar. Take ½ pint of water and 1 quart of cider vinegar and mix spices with whole horseradish root; let come to a boil, then pour over the pickles and seal.

27. **Spanish Pickle.**—One gallon of cabbage, 1 gallon of ripe cucumbers chopped fine, 7 pods of green pepper, 1 pint of salt; drain all together 24 hours. Then mix 1 gallon of vinegar, 1 ounce of white mustard seed, 1

ounce of black pepper, horseradish and celery seed to taste, 1 ounce of tumeric and 3 pounds of brown sugar; then add to this cucumbers, etc. and cook one hour.

28. **"Dandy" Home-Made Pickles.**—Make a brine of salt and water strong enough to float pickles. Leave the pickles in this over night; drain in morning. Make kettle of water slightly sour and add lump of alum size of hickory nut; put pickles in this till heated through but not cooked; then wipe on dry cloths and pack in quart jars; add to each jar ½ teaspoonful whole mustard, 2 teaspoonfuls celery seed, a pinch of cayenne pepper, 2 teaspoonfuls sugar, 2 parts vinegar to 1 part water; heat, fill jars and seal.

29. **Spiced Peaches.**—Eight pounds of peaches, 4 pounds sugar, 1 ounce cloves, 1 ounce cinnamon, ½ ounce mace, one pint vinegar; boil the juice three times; in the third, boil the fruit until soft; if there is too much juice to cover them, boil down until just enough.

30. **Canned Beets.**—Cook the beets until tender, slice and pack in jars, put sugar and salt to taste on top and then pour scalding vinegar over until jars are filled. Seal tight.

31. **Canned Cucumbers.**—Slice the desired number of peeled cucumbers; sprinkle a little salt over them; let stand for 30 minutes, then drain; do not squeeze; pack them in jars; pour cold vinegar over them and seal tight. When ready to use, season to taste with pepper and onions.

32. **String Bean Pickles.**—Wax beans are best for these pickles. Cut off the ends, string and steam over boiling salt water until they are easily pierced with a fork; drain on a cloth and when cold pack in a jar, putting a little red pepper between the layers. Make a spiced vinegar by adding 1 cup of sugar and a teaspoonful each of white mustard and celery seed to each pint of vinegar. When hot pour this over the beans, weight and let stand for 3 or 4 days in a cool place. Then drain, reheat the vinegar, cover the beans with horseradish leaves, pour on the hot vinegar or syrup, and let stand a week before using. These are fine.

33. **Mixed Pickles.**—Two quarts cucumbers, 1 quart onions, 1 quart green tomatoes, 3 green peppers, 1 large cauliflower; cut all in pieces and soak over night in salt and water. In the morning scald in the same brine and then make a dressing of 2 quarts vinegar, 1½ cups sugar, 1 cup flour moistened with vinegar, 3 tablespoonfuls prepared mustard, 2 tablespoonfuls tumeric dissolved. Pour off the brine and put on the dressing and bring to a boil, then can and seal. Very fine.

34. **Sour Cucumber Pickles.**—One gallon vinegar, 2 ounces white ginger root, ½ pound ground mustard, 2 ounces white mustard seed, 1 pound small onions, ¼ pound salt, 2 ounces whole black pepper, 2 ounces whole cloves, 2 ounces ground cinnamon. Put the salt and onions in 3 quarts of the vinegar, cold; tie the spices in a thin muslin bag and boil a few minutes in the remaining quart of vinegar; when cold, put all together; wash the cucumbers and drop them into this liquor as soon after gathering as possible.

35. **Chili Sauce.**—Two large ripe tomatoes, 3 onions chopped fine, 3 green peppers chopped fine; cook together until soft and put through the colander; then add 3 tablespoonfuls of salt, 1 cup sugar, 3 teaspoonfuls ground cinnamon, 2 teaspoonfuls ground ginger, 1 teaspoonful ground cloves, 2 cups good vinegar; cook until as thick as desired, then bottle and seal. Excellent.

36. **Cold Catsup.**—Peel and slice 1 peck ripe tomatoes, sprinkle lightly

with salt, let stand 2 hours and drain off the water; add 2 horseradish roots grated or put through the vegetable chopper, ½ teacup fine salt, ½ teacup white mustard seed, 1 teaspoonful black pepper, 2 red peppers chopped fine without seeds; if liked, 4 ounces of coarsely chopped celery; 1 tablespoon chopped onion, ½ cup sugar, 1 teaspoonful ground cloves, 2 teaspoonfuls ground cinnamon, 3 pints of vinegar. Mix cold. Tie a cloth over but do not seal.

37. **Watermelon Pickles.**—Pare off the green and the red parts of watermelon rinds, saving only the white; cut in any desired shapes; place in a jar, alternating small quantities of rind with a little salt. Let stand for a day or two in a cool place, then thoroughly rinse; put on to boil with equal parts of vinegar and water and add a level teaspoonful of pulverized alum. Boil till you can pierce with a fork, then rinse again. For the syrup use one quart of vinegar to 3 pints of sugar and whole cloves, allspice and cinnamon in a small bag. Boil down to suit your taste. Just before taking off, put the rinds in and boil a little longer. Can and seal.

38. **Cucumber Pickles.**—Wash the cucumbers and put into glass cans. For one quart can add a dessert spoonful of salt and fill with vinegar. Can freshen and put into clear vinegar when used.

39. **Sweet Pickles, Pears, Peaches and Apples.**—Seven and one-half pounds of fruit, 3½ pounds sugar, 1 pint vinegar, whole cloves and stick cinnamon as preferred. Boil sugar, vinegar and spices and add fruit. Boil until easily pierced with fork. Remove fruit and put into cans or jars. Boil down the syrup and pour over the fruit.

40. **Corn Salad.**—Twenty ears of corn, 1 cabbage, 2 green peppers, 4 good sized onions, 4 cups vinegar, 2 cups sugar, 1 teaspoonful tumeric powder, 2 tablespoonfuls mustard; cut corn from ears; chop fine the cabbage, peppers, and onions together and cook slowly for a few minutes. Can while boiling hot.

41. **Mexican Chili Sauce.**—Stew long red peppers until soft in sufficient water to cover. Scrape red pulp from inside of skin; reject skin and seeds. Make a dressing of flour with ham or bacon grease, hot water and salt; add chili; serve with meat.

42. **Pickled String Beans.**—String the beans and cut them into inch lengths. Let them stand in strong brine 8 days, changing it 3 times. Drain and lay in clear cold water for 1 day, then dry between the folds of a towel. Pack in glass jars with scalding vinegar which has been brought to a boil with a minced onion, a dozen whole cloves, a heaping tablespoonful of mustard seed and 4 blades of mace. Screw on the tops and do not use for a month or six weeks.

43. **Pickled Peaches (that will keep).**—Four pounds of sugar and one pint of vinegar to 12 pounds of fruit. Put sugar and vinegar together and boil, then add the fruit and let it come to a boil. Next day drain off the liquor and boil again. Do this 3 times and your pickles are delicious. Add cinnamon to the liquor and stick 2 or 3 cloves into each peach.

44. **Cucumber Catsup.**—One-half bushel full-grown cucumbers; peel and chop them, sprinkle with salt, put in sieve and let stand over night; add 2 dozen onions cut up small, ½ pound white mustard seed, ½ pound black mustard seed, 2 dozen black peppers, ground. Mix well with best cider vinegar, making it the consistency of thick catsup and fill jars, tying up closely. No cooking required.

45. **Tomato Catsup.**—One bushel good ripe tomatoes, ½ gallon cider vinegar, ¼ pound allspice, 2 ounces cloves, 3 tablespoonfuls black pepper, 6 large onions or 2 heads of garlic, 1 pint salt, 4 large red peppers; cook thoroughly and strain through sieve, then boil till it is thick enough and add vinegar.

46. **Chili Sauce.**—One-half bushel tomatoes, ¼ peck onions, 4 tablespoonfuls salt, 2 tablespoonfuls each of cloves, cinnamon and allspice, 3 tablespoonfuls black pepper, 3 cups sugar, 1 gallon vinegar; chop onions fine, mix everything together and boil constantly one hour and 15 minutes. Dandy good just as it is.

PRESERVING MEATS.

Including Curing, Smoking and Pickling Meats; Making Corned Beef, Sausage and Mince Meat and Preserving Eggs.

"There's no want of meats, sir,
Portly and curious viands are prepared
To please all kinds of appetite."
—*Massenger.*

1. **Corned Beef.**—For 100 pounds of beef take 7 pounds of salt, 1 pound of sugar, 1 ounce of saltpeter and 4 gallons of water; dissolve the saltpeter in a little hot water and add it and the salt and sugar to the water; scald the crock, pack the beef, sprinkle on a little salt and then pour on the brine and be sure to keep well weighted so that every particle is kept under the brine.

2. **Dried Beef.**—Brown salt like coffee and while hot roll each piece of beef in it thoroughly; pack in a crock and let it remain five days; take out, wash well and hang up to dry.

3. **Curing Hams.**—To each gallon of water add 1½ pounds of salt, ½ pound of sugar and ⅛ ounce of saltpeter; dissolve saltpeter in a little hot water and mix all together; rub the hams with salt, pack in a well scalded crock, pour on the brine and be sure to weight well and keep all under brine.

4. **Curing Hams.**—When thoroughly cold after killing, trim them nice and smooth; pack them in salt and let them remain five or six weeks, then dip into boiling brine; rub the flesh side with pulverized black pepper as long as it will stick. Hang in dry place.

5. **To Keep Smoked Hams.**—Rub the flesh part with molasses and sprinkle on all the black pepper that will stick. Hang where they will keep dry.

6. **Pickle for Beef or Ham.**—For each hundred pounds of beef or ham use 9 pounds of salt, 4 ounces of saltpeter, 2 ounces of saleratus and 2 quarts of molasses; add water to make enough brine to cover meat. Scald brine, skim and let cool before pouring on meat.

7. **To Preserve Sausages.**—Roll into small thin cakes and fry until well done; then pack closely in jars and pour melted lard over them till the top is covered an inch deep. Set in a cool place and you will have nice sausage all summer.

8. **Curing and Smoking Hams.**—Hang the hams up for a week or ten

days. If kept perfectly sweet, the longer they hang the more tender they will be. For each good sized ham mix 1 teacup of salt, 1 ounce of saltpeter, and 1 tablespoonful of molasses. Put the hams in a tub; heat the mixture and rub well into the hams; repeat this until the mixture is all used; then let them lie two or three days. Then put them for three weeks into brine that is strong enough to float an egg; take from brine, soak in cold water for eight hours and hang up for a week or longer; smoke from three to five days but be careful not to heat the hams. Apple tree wood and corn cobs are good for smoking. Smoke the hams with the hock down. Tie the hams in bags until wanted for use.

9. **Sausage.**—To 10 pounds of chopped meat add 4 ounces of salt, 1 ounce of pepper, ½ ounce of powdered sage and ½ tablespoonful of ginger. When cool, pack in pans, cover thick with lard and then with paper. Keep in a dry, cool place. Each time after taking some out for use, press the paper back again.

10. **Mock Sausage.**—Soak some dry bread in water and mix with it the same quantity of finely chopped cold meat. Season with pepper, salt and sage; make into small cakes and fry.

11. **Head Cheese.**—Take the heads, feet, tongues and other convenient pieces of fresh pork; remove the skin; boil until all is tender and can be easily stripped from the bones. Then chop very fine and season with pepper and salt, and ground cloves if you like, or sage leaves may be rubbed to a powder and added. Mix well with the hand. Put into deep pans with straight sides and press it down hard with a plate that fits the pan. Put the under side of the plate next the meat and place a heavy weight on it. In two or three days turn it out of the pan and cut into thin slices. Use vinegar and mustard over it.

12. **Bologna Sausage.**—Chop fine 10 pounds of beef and 2½ pounds of pork and thoroughly mix with it ¼ ounce of powdered mace, ¼ ounce of powdered cloves, 2½ ounces of powdered black pepper and salt to taste. Let stand 12 hours and stuff in muslin bags that are 4 inches wide and 10 inches long. Lay them in ham pickle for five days and then smoke them for eight days. Hang in a dark place.

13. **Scrapple.**—Take a hog's jowl, the feet and part of the liver and heart; cleanse, put into cold water and cook until the bones may be easily removed. Chop fine and season with pepper, salt and sage. Strain the liquor on the stove and again add the meat. Thicken with corn meal and a teacupful of buckwheat flour till it is as thick as mush. Dip out into deep dishes and when it is cool it may be sliced and fried like mush. By pouring hot lard over it you can keep it all winter. It is very nice for breakfast on a cold morning.

14. **Cracknels.**—This is what is left from frying out lard. Put them into a pan with a little warm water and some bread crumbs or cold corn bread broken fine. Add pepper and salt. Fry a nice brown and serve hot.

15. **Pig's Feet Souse.**—After scraping, cleaning, washing and singeing the feet, put them into a kettle with plenty of water. Boil and skim, then pour off the water and add fresh and boil until the bones may be pulled out easily; do not bone, but pack in a stone jar with salt and pepper between each layer; cover with cider vinegar. When wanted for use, put in a hot skillet and add more pepper, salt and vinegar if needed. Boil until thoroughly heated, stir in a smooth thickening of flour and water, and boil until the

flour is cooked. Serve hot as a breakfast dish. Or, when they have boiled until tender, take out the bones and pack in a jar as above. Slice cold when wanted.

16. **Mince Meat (that will keep).**—Two pounds of lean beef boiled, when cold chop fine; 1 pound of suet minced to a powder, 2 pounds of sultanas or seedless raisins, 5 pounds of juicy apples pared and chopped, 2 pounds of currants, ½ pound of citron chopped, 2 tablespoonfuls of mace, 3 tablespoonfuls of cinnamon, 1 tablespoonful of allspice, 1 grated nutmeg, 1 tablespoonful of fine salt, 3 pounds of brown sugar, 2 quarts of sweet cider. This mince meat will keep all winter.

17. **Pressed Beef.**—Take the desired amount of the cheaper pieces of beef and let there be a little fat so that it will be "marbled" when pressed. Lay in weak brine over night, then rinse and boil until very tender or until it will fall apart easily. Water may be added at any time, but only enough should be used to keep it from burning. Keep closely covered so as to retain the flavor. Remove the meat from the liquor and chop fine. Skim all the grease from the liquor and add to the liquor a tablespoonful of gelatine for each five pounds of beef. Boil the liquor down until the gelatine is dissolved and the liquor is like jelly. Mix it, with a little salt and spices to suit, in the chopped beef; pack in jars; cover with a plate and weight down. It will keep several months in winter. It should be sliced when wanted for use. When using, keep it covered with cloth wet with salt water. Garnish with sliced lemon.

18. **Preserving Eggs.**—Pour three pails of water over four quarts of unslacked lime and when it is cold add one-half pound of salt and one ounce of cream of tartar. Eggs covered with this liquid will keep a long time.

"WHAT TO DO" AND "HOW TO DO IT."

Including Various Recipes of All Kinds.

"We have gathered a posie of other men's flowers
And nothing but the thread which binds them is ours."

1. **Blacksmith's Borax for Welding.**—One ounce of salt, one ounce saltpeter, two ounces copperas, four pounds of sand; mix.

2. **Washing Fluid.**—One ounce of salts of tartar, one ounce of carbonate ammonia, one box Babbit's lye, one gallon of soft water. Use one-half teacup to a washing.

3. **Furniture Dressing.**—Use equal parts of alcohol and raw linseed oil. First remove all greasy substances, then apply with a soft woolen cloth.

4. **Washing Fluid.**—One box of lye and five cents worth of borax, salts of tartar and dry ammonia. Dissolve in two gallons of hot water. Take off fire before putting in ammonia. To be used in boiling suds.

5. **To Clean Carpets.**—One cake ivory soap, one bottle ammonia, five cents worth of ether; dissolve soap in one gallon of hot water; when cool, add ammonia and ether. Scrub small space at a time with a brush and wipe dry with a soft cloth wrung out of warm water.

6. **Wall Paper Cleaner.**—One-half cup water, one cup flour, three tea-

spoonfuls vinegar, three teaspoonfuls ammonia, one teaspoonful carbon oil. Boil and stir constantly until thick; work in small balls, and rub paper with downward strokes. Will not streak or spot if made as directed. Fine.

7. **Carpet Cleaner.**—Two bars ivory soap, four ounces soda, four ounces borax; dissolve the soap in a quart of water; add five gallons of water and, when ready to use it, add four ounces of sulphuric either; use while hot with scrubbing brush. You do not need to use any cloth or clean water.

8. **Carpet Cleaner.**—Use five cents worth of salts of tartar to one bar of white wool or ivory soap; add this to three gallons of water. Shave the soap up fine and let it boil. Apply with brush and dry with dry cloth. This is fine.

9. **To Destroy Odor of Burning Lamp Wicks.**—Boil new lamp wicks in vinegar and then thoroughly dry them. There will then be no odor from them when burning.

10. **To Remove Paint Stains from Cotton and Wool.**—Old dry paint stains may be removed from cotton and woolen goods by first covering the spots with olive oil or butter and then applying chloroform.

11. **To Preserve Eggs.**—One quart of salt, one pint of slacked lime and three gallons of water. This liquid will keep eggs for years.

12. **Ink Spots.**—Oxalic acid will remove ink spots from books without injuring the print.

13. **Rust.**—Iron rust may be removed with kerosene oil.

14. **To Purify Cistern Water.**—Cistern water may be purified by hanging a bag of charcoal in the water.

15. **A Tight Shoe.**—Wring a cloth out of hot water and apply to the part that is tight. If necessary renew and keep shoe on until the leather is stretched.

16. **Cleaning Plates Before Washing.**—Tack a bag on the inside of the kitchen sink door and in it keep cloths to be used in cleaning plates, etc., before dishwashing. Dip the cloth in water, rub on a little soap, then wipe, instead of scrape, the dishes. A great help in kitchen work.

17. **To Clean Linoleum or Oil Cloth.**—Instead of using soap and water, wash with sweet milk. The milk makes it look fresh and bright without destroying the luster.

18. **To clean Mud from Clothing.**—Use a corn-cob to rub the mud from the clothing, then brush well.

19. **To Kill Insects, Such as Bed Bugs, Moths, Etc.**—Hot alum water is the best thing known to destroy insects. Boil alum in water until it is dissolved; then apply the hot solution with a brush to closets, bedsteads, cracks, or wherever insects are found. All creeping insects may be destroyed by its use. There is no danger of poisoning and its persistent use will rid you of the pests.

20. **To Remove the Smell of Onions from the Breath.**—Parsley, eaten with vinegar, will destroy the unpleasant breath caused by eating onions.

21. **To Clean and Keep Oil Cloth Nice.**—Wash in clean, warm, soft water in which has been dissolved a large spoonful of borax. If hard water is used, more borax will be needed.

22. **To Mend Iron Vessels.**—Mix finely some sifted lime with the white of an egg till a thin paste is formed, then add some iron filings. Apply this to the fracture and the vessel will be found nearly as sound as ever.

23. **To Clean Lamp Chimneys.**—Hold chimney over the steam coming from a boiling kettle, then wipe it inside and outside with a soft muslin cloth.

24. **An Excellent Furniture Polish.**—Use equal parts of vinegar, turpentine and sweet oil. The bottle should be well shaken each time before using. Wet a cloth and rub well over the furniture, then wipe with a soft dry cloth.

25. **To Remove Tan.**—Wash with a solution of lemon juice and carbonate of soda; follow with the juice of unripe grapes if they may be had; if not, with "Fuller's Earth Water."

26. **To Remove Wrinkles.**—Melt and stir together one ounce of white wax, two ounces of strained honey and two ounces of the juice of lily bulbs; apply to the face every night and it is said your wrinkles will disappear.

27. **To Remove Coffee Stains.**—The yolk of an egg mixed with a little water will remove coffee stains. Glycerine will do the same. Rub out before washing.

28. **To Remove Ink from Linen.**—Dip the stained parts in pure melted tallow, then wash in water.

29. **To Remove Grease from Woolen Goods.**—Do not put either hot or cold water upon woolens that have had grease spilled upon them. Sprinkle the parts with either buckwheat or rye flour and let it absorb the grease; then brush off the flour and apply more, so continuing until all the grease has been absorbed. Cornstarch is equally effective when used upon cloth in the same manner.

30. **To Exterminate Roaches.**—With a machine oil-can squirt kerosene oil into cracks and seams behind woodwork, then sprinkle powdered borax over the shelves and blow it into the cracks with a powder blower.

31. **To Keep Steel Knives from Rusting.**—Dip the knives in a strong solution of soda, four parts of soda to one of water; then wipe dry, roll in flannel and keep in a dry place.

32. **Washing Blankets.**—When washing blankets make a lather of boiled soap and warm water and for each pailful and a half of water allow a teaspoonful of household ammonia. Wash in two or three waters, put through the wringer and hang out to dry. Choose a fine windy day so the blankets will dry quickly.

33. **To Exterminate Bed Bugs.**—Use kerosene oil freely wherever the bugs are found.

34. **Cement for Glass and Iron.**—Alum melted in an iron spoon over the fire makes a good cement for joining glass and iron. It is useful for cementing the glass part of a lamp to its metal base and stopping cracks about the base, as paraffine will not penetrate it.

35. **To Dry Boots.**—Fill wet boots with dry oats and set aside for a few hours. The oats will draw the moisture from the boots and, swelling out, will keep the leather from shrinking and hardening as it would do if placed near the fire to dry.

36. **To Remove Kerosene.**—Cover the spot with cornmeal; lay a paper over it and rub with a moderately heated iron. Two or three applications will remove the kerosene. Finely powdered chalk may be used instead of the cornmeal if desired.

37. **To Remove Fruit Stains.**—Fruit stains may be removed from table linen by pouring boiling water through the cloth where it is stained.

38. **Furniture Polish.**—A fine furniture polish may be made by taking equal parts of vinegar and salad oil. Apply sparingly with a flannel and polish off thoroughly with clean cloths. Don't forget to mix lots of "elbow grease" with this.

39. **To Clean Glass.**—Dampen a cloth with either alcohol or ammonia, then dip it into some finely sifted wood ashes and polish the glass. Wipe off with a perfectly dry cloth.

40. **To Clean a Glass Decanter.**—Put into it a spoonful of vinegar and a few lumps of soda. Shake it well but leave the top open or it may burst the decanter. Rinse with cold water.

41. **To Remove Panes of Glass.**—Lay soft soap over the putty for a few hours and it will become soft so that it may be easily scraped away no matter how hard it may previously have been.

42. **To Clean Light Gloves.**—Light gloves may be cleaned by rubbing them with fine bread crumbs. It is best to rub them after each wearing so that they do not become badly soiled.

43. **To Clean Kid Gloves.**—If not too badly soiled, kid gloves may be cleaned by rubbing them with a piece of oiled silk wound about the finger.

44. **Gnats.**—Camphor is the best preventive and cure for the stings of gnats.

45. **To Remove Grass Stains.**—Rub the stains with spirits of wine and they will readily come out when washed in soap and water.

46. **To Remove Grease.**—Take equal parts of benzine, ether and alcohol; wet a sponge in the mixture and apply by patting the spot; put a piece of blotting paper on each side and iron with a hot flatiron.

47. **To Remove Grease from Floor.**—Soda and hot water will remove grease from the floor.

48. **To Remove Ink Stains.**—If ink is spilled upon a carpet, tablecloth or dress it is best to take up as much of the ink as possible with blotting paper, or salt is also good to absorb it. Then wash the parts thoroughly with milk several times until all the ink is removed. It is then well to wash out the parts with ammonia water to remove grease. If the spots are dry, rub a piece of lemon on some salt and then upon the stain. Oxalic acid and salts of lemon are both good also.

49. **To Clean Lamp Chimneys.**—Rub them with a piece of newspaper upon which a little kerosene has been poured. This is better than soap and the chimney will not be so likely to crack.

50. **To Wash Flannels.**—Put borax in the water and the flannels will look like new and will not shrink.

51. **Ironing.**—A little table salt added to the starch helps in the ironing.

52. **To Prevent Scorching when Ironing.**—Rub the iron on a cloth saturated with kerosene.

53. **To Remove Stains from Clothing.**—Rub the stained parts with lard before washing. With washable goods, the yolk of an egg rubbed upon the stains before laundering will remove the spots.

54. **To Wash Black Stockings.**—Black stockings will retain their color if washed in warm suds of water and soap, with a little vinegar in the rinse.

55. **To Polish Patent Leather.**—Orange juice will be found to be a good polish for patent leather.

56. **To Remove Old Paint and Varnish.**—A mixture of two parts of

ammonia and one part turpentine will soften old paint and varnish so that they may easily be scraped off.

57. **To Wash Painted Surfaces.**—Wash painted surfaces with milk.

58. **Piano Polish.**—Rub well with a piece of flannel cloth saturated with a mixture of equal parts of turpentine, linseed oil and vinegar. Polish with a piece of chamois skin. This treatment will entirely remove the dingy appearance from fine woods.

59. **To Loosen Screws.**—Hold a red hot poker on the head of a rusty screw for two or three minutes and it may be easily removed with a screw driver.

60. **To Clean Blackened Silver.**—Add a teaspoonful of ammonia to a cup of water and use a little of this to make a paste with whiting. Apply the paste to the silverware with a soft chamois and polish it, using another chamois to dry it.

61. **To Remove Soot.**—Should soot fall upon the carpet cover it with dry salt and it may be swept up without leaving smears.

62. **To Remove Tea Stains.**—Tea stains may be removed by washing the fabric with milk. After the milk has dried the grease may be removed with benzine or naphtha.

63. **To Frost Window Panes.**—Dissolve some epsom salts in beer and apply with a brush and you will have the best window frosting known.

64. **To Dry Woolens Without Shrinking.**—A large manufacturer of woolen goods says that woolen garments should be hung on the line dripping wet and not wrung out at all. If dried in this way the shrinkage will be almost unnoticeable.

65. **Moths.**—Moths will not lay their eggs where fine-cut tobacco has been scattered.

66. **Moths.**—Sprinkle furs and woolens and the drawers and boxes in which they are kept with spirits of turpentine and the moths will not bother them.

67. **Moths.**—Camphor gum is a preventive of moths. Goods packed in a cedar chest will be kept free from moths. Exposing clothes and furs occasionally to the light and air and beating and shaking them is probably the best treatment, however.

68. **To Keep Away Mice.**—Mice do not like the smell of camphor gum and if it is placed in drawers or trunks they will keep at a distance. Seeds may also be protected by mixing small pieces of camphor gum with them.

69. **To Drive Rats Away Without Killing.**—Put plenty of pulverized potash in their holes and places they frequent and they will leave the premises.

70. **To Drive Rats Away.**—Put some copperas in whitewash and paint the places they visit. Also scatter the crystals of copperas in their holes and runways and over the floors and the rats will look for another home.

71. **To Drive Away Rats.**—Scatter either sulphur or sage about the places they frequent and you will get rid of the troublesome pests.

72. **A Preventive for Red Ants.**—Pour a quart of boiling water over half a pint of tar in an earthen vessel and set the vessel in the closet and you will not be troubled with red ants.

73. **To Get Rid of Flies.**—It is said that you will not be troubled with many flies if you keep geraniums growing in the house. Then why not have more flowers and fewer flies?

74. **To Prevent Bites from Mosquitoes and Flies.**—Mix three ounces of

sweet oil and one ounce of carbolic acid and when mosquitoes are troublesome apply to the face and hands every half hour. After it has been used two or three days and the skin is saturated it may be used less frequently. Be careful not to get it in the eyes. It is very effective and not harmful to the skin.

75. **Mosquitoes and Flies.**—Apply to the face and hands a mixture of six parts of sweet oil, one part pennyroyal and one part creosote and you will prevent bites of mosquitoes and flies. Do not allow it to get in the eyes.

76. **To Clean Jewelry.**—Wash the jewelry in soap suds, rinse it well in diluted alcohol and lay it in sawdust to dry. Fine for gold chains and all kinds of ornaments.

77. **To Clean Silver.**—Rub the silver with alcohol and ammonia, then polish with a little whiting on a soft cloth. Even frosted silver may be made clear and bright with this treatment.

78. **To Purify Water.**—A large spoonful of pulverized alum will purify a hogshead of water. It should be thoroughly stirred in and it will be very effective in killing microbes.

79. **To Make Hard Water Soft.**—Fill the boiler with hard water and set on the stove. Then put half a cup of wood ashes into a woolen bag covered with cotton cloth to prevent the sifting out of the ashes and hang the bag in the water until the water is warm.

80. **To Clean Tinware.**—Take the fine, soft coal ashes which collect in the pipe and under the pan; mix these with soft soap and scour with a flannel cloth. Afterwards polish with a clean flannel.

81. **Gem Washing Fluid.**—Put three quarts of rain water over the fire and add one pound of salsoda, one ounce salts of tartar and one ounce of borax. After it is taken from the stove and is cold add one ounce of ammonia. Put one cup of this into the boiler when boiling clothes.

82. **Hard Soap.**—Put seven pounds of tallow, three pounds of rosin and two pounds of potash into six gallons of water and boil for from three to five hours; pour into a wash tub and let it stand over night. In the morning cut it into bars and lay in the sun for two or three days to harden. This will last an ordinary family a year and save many a quarter that is spent for soap.

83. **Soft Soap.**—To six gallons of soft water add three pounds of best hard soap (finely cut), one pound of salsoda and four tablespoonfuls of hartshorn; boil until it is entirely dissolved; pour into convenient vessels and when cold it will be ready for use. This makes fifty pounds of fine soft soap.

84. **To Remove Scorches from Cloth.**—Spread over the scorched places a mixture of the juice of two onions, two ounces Fuller's earth and one-half pint of vinegar. These ingredients should be mixed, thoroughly boiled and cooked before using.

85. **To Remove Stains Caused by Scorching.**—Often all that is required to whiten scorched linen is to wet it with soap suds and lay it in the hot sun. Another method is to boil the linen in a gallon of milk in which is dissolved a pound of white soap.

86. **To Remove Mildew.**—Dip the article in sour buttermilk, lay it in the sun to whiten and wash in clean water. Another method is to apply a mixture of soap, starch, salt and the juice of a lemon. Use half as much salt as starch.

87. **To Remove Linen Stains.**—Rub the stains with soft soap, apply a

starch paste, dry in the sun and wash out in cold water. Repeat several times if necessary.

88. **To Clean Gilt Frames.**—Take chloride of plaster or soda, one ounce; white of eggs, two ounces; mix thoroughly and apply with a soft brush after blowing the dust from the frames.

89. **To Keep Butter for Winter Use.**—Into six pounds of fresh butter work a large spoonful of salt and a tablespoonful each of saltpeter and powdered white sugar. Pack in a crock that is perfectly clean and cover with salt.

90. **To Prevent Rust.**—Melt together one part of rosin and three parts of lard and apply a thin coating to stoves, grates, plows, etc. It is equally good when used on brass, steel, copper and other metals. This also makes a good water-proof application for boots and shoes.

91. **Cement for Wood, Ivory, Stone, Porcelain, Leather, Silk, Woolen or Cotton.**—Melt together in an iron vessel one part, by weight, of gutta percha and two parts of common pitch and you will have one of the best cements made. It is not affected by water and is thus especially valuable for certain purposes.

92. **Cement for Rubber or Leather.**—Dissolve two ounces of gutta percha in a pound of chloroform. Thoroughly clean the parts that are to be cemented, cover each part with the mixture and let them dry for nearly half an hour, then warm each part in a candle flame and press firmly together until dry.

93. **Diamond Cement.**—Dissolve thirteen ounces of white glue in a pint and a half of soft water, then stir in three ounces of white lead and boil until it is thoroughly mixed; remove from the stove and when cool add half a pint of alcohol; bottle at once and keep tightly corked.

94. **Weights and Measures.**—

One pound of soft butter is equal to a pint.

Ten eggs are equal to a pound.

A pound of brown or white sugar, powdered or loaf sugar, broken, equals a pint.

A pound and two ounces of either wheat flour or corn meal is equal to a quart.

Eight large tablespoonfuls are equal to a gill.

Thirty-two large tablespoonfuls equal a pint.

A common sized wine-glass holds four tablespoonfuls, or half a gill.

A common sized tumbler holds half a pint or sixteen large tablespoonfuls.

Four ordinary teacups of liquid equal a quart.

95. **To Clean Coat Collars and Remove Gloss from Seams and Elbows.**—Rub the parts with a clean flannel dipped in either benzine or aqua ammonia or a solution made by dissolving a piece of carbonate of ammonia the size of a walnut in a cup of warm water. These are inexpensive and will not change the color. Do not use benzine in a room where there is a light or fire.

96. **Liquid Glue.**—Dissolve glue in nitric ether and it will be twice as adhesive as that dissolved in hot water. The glue cannot be made too thick as the ether will dissolve only a certain amount of glue and will be of about the consistency of molasses. If a few bits of India rubber are dissolved in it the glue will be all the better and will stand moisture better.

97. **Cement for Broken China.**—Dissolve gum arabic in water until it is quite thick and then stir in plaster of Paris until it makes a sticky paste. Apply with a brush, stick the pieces together and after three days you cannot break the china in the same place.

98. **Fire-Kindler.**—Soak corn-cobs in kerosene oil; when needed put a cob in the stove, set fire to it and put on the fuel.

99. **To Loosen Covers of Fruit Jars.**—Place the cover in hot water for two or three minutes and it may then be easily unscrewed.

100. **To Wash Calicoes, Cambrics and Muslins.**—Before washing, soak them in water in which has been dissolved one or two tablespoonfuls of salt to each pail of water.

101. **To Wash and Dry Flannels.**—Wash flannels with as little rubbing as possible. Pull them both lengthwise and crosswise while drying rapidly.

102. **Washing Black and White Calicoes.**—Soak them first in water to which has been added one or two cups of weak lye to each pail of water.

103. **Washing Pink and Green Calicoes.**—It is best to use one or two tablespoonfuls of vinegar to each pail of water.

104. **Washing Purple or Blue.**—Use one or two tablespoonfuls of either salsoda or borax to each pail of water.

105. **To Wash Ribbons.**—Ribbons should be washed in cold suds and should not be rinsed.

106. **To Remove Paint Spots from Windows.**—Dissolve an ounce of salsoda in a pint of soft water. Use it hot. Tie a flannel on a stick, dip into the liquid and apply until the paint is softened, then wash off with hot water.

107. **Washing Windows.**—Add a tablespoonful of either powdered borax or ammonia to a gallon of warm water and wash the windows, using a chamois to dry and polish them.

108. **China and Glass Cement.**—Mix one pint of milk with one pint of vinegar; take out the curds and to the whey add the whites of five eggs; beat well together and add enough finely sifted quick lime to make a thick paste. This cement is fine for mending glass and china as it is affected by neither fire nor water.

109. **Grafting Wax.**—Melt together two pounds of rosin and a half pound each of tallow and beeswax. Mix thoroughly, cool in cold water and work until it is pliable. It will keep for years.

110. **To Destroy Currant Worms and Rose Slugs.**—Spray the bushes with a solution of one pound of powdered hellebore to twenty-five gallons of water.

111. **Cabbage Worms.**—Spray the cabbages with a mixture of six quarts of water, one ounce of yellow soap and one pint of kerosene, and you will kill the worms without injuring the plant. This mixture should be kept well mixed while applying.

112. **Treatment of New Cooking Utensils.**—Iron pots should be boiled out first with wood ashes and cold water and then thoroughly washed. They are then ready for use. Griddles, skillets, waffle irons and iron gem pans should be greased and allowed to burn off once or twice before they are used for cooking.

113. **To Wash Greasy Skillets.**—Greasy skillets are best cleaned when hot. The addition of a little soda to the first water will make them more easily cleaned.

114. **To Clean Bottles and Cruets.**—These are best cleaned with shot and soap suds. Save the shot in a bottle to be used again.

115. **Care of Coffee Pots.**—If you would have good coffee always keep the inside of the pot clean. Boil it out once in a while with soap, water and wood ashes and scour it thoroughly.

116. **The Teakettle.**—In localities where there is lime in the water it is well to keep an oyster or egg shells in the teakettle to receive the lime deposits.

117. **To Clean Kitchen Floors, Tables and Wooden Articles.**—Use sand or bath brick to scrub floors, tables and wooden articles.

118. **To Keep Silverware.**—It keeps best when wrapped in blue tissue paper.

119. **To Keep Hinges from Creaking.**—Dip a feather into oil and rub them with it.

120. **To Drive Away Fleas.**—Sprinkle a few drops of lavender about the beds and other places they infest.

121. **To Drive Away Red Ants.**—Put a small bag of sulphur in the drawers and cupboards.

122. **Icy Windows.**—Rub the glass with a sponge dipped in alcohol and the windows will be kept free from ice. Alcohol is also good to polish them with.

123. **To Kill Roaches.**—They may be poisoned by sprinkling the floors at night with hellebore.

124. **To Keep Pails and Tubs from Shrinking.**—Soak them with glycerine and the pails and tubs will not shrink and fall to pieces.

125. **To Keep Flies Off Gilt Frames.**—Boil three or four onions in a pint of water and apply the water to the frames with a soft cloth or brush.

126. **To Remove Dry Putty from Window Frames.**—Pass a red hot poker over the putty and it may easily be removed.

127. **To Soften Hard Water.**—Water may be softened by boiling it. Hard spring water is softened by adding a piece of chalk to it. Cistern water that is hard from long standing may be softened by the addition of a little borax.

128. **To Remove Smell of Fresh Paint.**—Mix chloride of lime in water, sprinkle hay with it and place in the room.

129. **To Clean Chromos.**—Go over them carefully with a slightly dampened linen rag. If any of the varnish is off apply a thin mastic varnish.

130. **To Clean a Sponge.**—Rub fresh lemon juice thoroughly into a soured sponge, then rinse several times in warm water and the sponge will be as sweet as when new.

131. **To Take Kerosene and Grease Spots from Carpets.**—Cover the grease spot with flour and then pin a thick paper over it and after leaving awhile sweep up the flour. Repeat several times.

132. **Hard Whitewash.**—Dissolve five cents worth of glue in warm water and mix with ten cents worth of kalsomine, two quarts of soft soap and bluing. Fine for halls, fences, etc.

133. **To Remove Bad Smells from Clothing.**—Articles of clothing or any other articles which have bad smelling substances on them may be freed from the smell by wrapping them up lightly and burying in the ground for a day or two.

134. **To Mend Tin.**—Scrape all rust and grease from the parts to be mended, rub a piece of resin on it till a powder lies about the hole, lay a piece of solder over it and hold a hot poker or soldering iron over it until the solder melts.

135. **To Remove Grease from Wood Before Painting.**—Whitewash the parts at night and wash off in the morning. Let it dry before painting. It is as well to lay a little slacked lime on the parts and dampen a little.

136. **Lightning Cream for Clothes or Paint.**—Dissolve four ounces of finely cut white castile soap in one quart of soft water over the fire; remove from fire; add four ounces of ammonia, two ounces of alcohol, two ounces of ether and one ounce of glycerine.

137. **Magic Furniture Polish.**—One-half pint of alcohol, one-half ounce gum-shellac, one-half ounce resin, a few drops of aniline brown; mix and let stand over night, then add one-half pint spirits of turpentine and three-fourths pint of raw linseed oil. This should be well shaken before using. Apply with a cotton flannel and rub dry with another cloth.

138. **To Temper Lamp Chimneys and Other Glassware.**—Put them into cold water; bring slowly to the boiling point and let them boil for an hour. They should be allowed to cool before removing from water.

139. **A Good Cement for All Kinds of Articles.**—Mix litharge and glycerine until of the consistency of thick cream or fresh putty. This is good for fastening on lamp posts, mending stone jars, stopping leaks in seams of wash boilers or tin pans, cracks in iron kettles, etc. It is not affected by water, heat or acids.

140. **To Clean Wall Paper.**—Blow the dust off the wall with a bellows and then, beginning at the top of the room, go all over the paper, rubbing it with downward strokes with pieces of stale bread. Or, tie about two quarts of wheat bran in a flannel and go over the paper with that. Or, dry corn meal may be used instead of bread. Apply on a cloth. Grease spots may be removed by laying a blotter over them and then holding a hot flatiron on the blotter.

141. **To Drive Away Red Ants.**—Scatter sweet fern in the places they frequent.

142. To Remove Egg Stains from Silverware.—Rub the silverware with a little salt or wash in water in which potatoes have been boiled.

143. **To Remove Taste of Fish from Tableware.**—Rub steel knives and forks with fresh lemon or orange peel to remove the taste of fish.

144. **Corks.**—If they are too large put them into hot water for a few moments to soften.

145. **To Prevent Rusting of Cutlery.**—After wiping dry, wrap it in coarse brown paper.

146. **To Brighten Tin Teakettles.**—With a woolen cloth saturated with kerosene a tin teakettle may be rubbed as bright as new.

147. **Care of Wire Tableware.**—It will keep bright if washed in clean water with soap added. Never scour it.

148. **Silver Polish.**—Add three ounces of precipitated chalk and two ounces of ammonia to one quart of rain water. Keep well corked in a bottle and shake before using.

149. **Cement for China, Marble and Glassware.**—Add enough finely powdered quick lime to the whites of two eggs to make a thick paste.

150. **Water-proof Paper Covering for Jars—Used in Preserving, Etc.**—Brush the paper over with boiled linseed oil and hang over a line until dry.

151. **To Remove Tight Glass Stoppers.**—Wet a cloth in hot water and wrap it around the neck of the bottle. Another way is to wind a cord once around the neck of the bottle and saw back and forth a few times until the neck is heated and expands.

152. **To Clean Knives.**—Take a raw potato, cut it in two, dip the flat surface in brick dust and rub the knife blades. This will remove rust and stains. A cloth or a cork may be used in like manner.

153. **A Fire Kindler.**—Melt together a quart of tar and three pounds of resin and stir in as much pulverized charcoal and sawdust as possible; spread on a board to cool and then break it into lumps the size of a walnut. These lumps may be lighted with a match and will burn quite a while with a good blaze.

154. **To Clean Brass or Copper Kettles.**—First scour with soap and ashes, then put in a handful of salt and a half pint of vinegar; put over the fire and let come to a boil and wash out thoroughly, afterwards rinsing with water. If the kettle is used every day the scouring with soap and ashes may be omitted.

155. **To Soften Water.**—Boil a small bottle in a kettle of water to soften the water. The carbonate of lime and other impurities will be found adhering to the bottle.

156. **To Remove Rust from Plows and Other Steel Implements.**—Rub the steel well with sweet oil and let it remain for two days, then rub it with finely powdered unslacked lime until the rust is removed.

157. **To Polish Iron or Steel.**—Vienna lime and alcohol applied with leather, chamois, a cork or piece of soft wood will give a fine polish to iron or steel.

158. **To Clean White Zephyr.**—Rub with either magnesia or flour and change often. Shake off the flour or magnesia and hang for a short time in the open air.

159. **To Clean Alpaca.**—Sponge alpaca with strained coffee and iron on the wrong side with black cambric under the goods.

160. **To Take Out Machine Oil.**—Rub with a little soap and wash out in cold water. Another way is to rub with a little butter or lard and wash in warm water.

161. **To Stiffen Linen Collars and Cuffs.**—Add a teaspoonful of brandy and a small piece of white wax to a pint of fine starch. Soap the bottom of the iron if it sticks.

162. **To Clean Rusty Wash Boilers.**—Wash them with sweet milk or grease with lard.

163. **To Remove Paint from Clothing.**—Saturate the spot two or three times with equal parts of spirits of turpentine and ammonia and then wash out with soap suds. This treatment will remove paint no matter how dry or hard it may be.

164. **To Restore Velvet.**—Velvet when crushed may be restored to its original beauty by holding it over a basin of hot water with the wrong side next the water.

165. **To Remove Spots, Caused by an Acid, from Cloth.**—Touch the spots with spirits of hartshorn.

166. **To Remove Spots, Caused by an Alkali, from Cloth.**—Moisten the spots with either vinegar or tartaric acid.

167. **To Prevent Blue from Fading.**—All shades of blue may be prevented from fading by soaking for two hours in a solution of an ounce of sugar of lead to a pail of water. The material should then be allowed to dry before washing and ironing.

168. **To Wash Red Table Linen.**—Set the color by using warm or tepid water in which a little powdered borax has been dissolved; wash the article separately and quickly, using but a very little soap and rinse in tepid water containing a little boiled starch; hang in the shade and iron when almost dry.

169. **To Clean Alpaca.**—Put the goods into a boiler half full of cold rain water and let come to a boil and boil three minutes. Wring out of the boiling water and put into a pail of very dark indigo water, let remain for half an hour, wring out and iron while damp.

170. **To Clean Velvet.**—Turn a hot flatiron bottom side up, put one thickness of wet cotton cloth over it, lay the velvet on this with the wrong side next the wet cloth, rub gently with a dry cloth until the pile is raised then lay the velvet on a table and brush with a cloth or soft brush.

171. **To Take Grease Out of Woolens, Silks, Paper, Floors, Etc.**—Grate either French or common chalk thickly over the spot, cover with a brown paper, set a hot flatiron on it and let it remain until cool; repeat if necessary. See that the iron is not hot enough to burn the paper or cloth.

172. **Silver Polish for Shirts.**—One ounce borax, one ounce isinglass, two teaspoonfuls white of egg, one teaspoonful white glue; cook well in two quarts of fine starch. Starch in this and dry. Before ironing apply it to the cuffs and bosom with a cloth until well dampened and iron immediately with a hot glossing iron.

173. **To Clean Black Lace.**—Wipe off all the dust carefully with a cambric handkerchief; then pin it on a board, inserting a pin in each point of lace that projects. Sprinkle it all over with table beer and leave it until perfectly dry when it will look fresh and new.

174. **To Remove Iron Rust from Clothing.**—When rinsing the clothes dip the wet finger in oxalic acid and rub on the spot, then dip in salt and rub on and then hold on a hot flatiron. Rinse again and rub with the hands.

175. **To Wash Neckties and Other Goods that Fade.**—Instead of soap use crude ammonia. Use a teaspoonful of spirits of hartshorn to two teacups of water for washing neckties. If they are much soiled put through a second wash not quite so strong. Lay the tie on a clean white cloth and wipe it gently with another cloth until dry.

176. **To Clean Woolen and Silk Dress Goods.**—Any woolen or silk dress goods may be washed and rubbed in gasoline without injury. The dirt is quickly removed without injuring the colors. Do not use gasoline near a stove or light.

177. **To Clean Silk and Thread Gloves.**—Put the gloves on the hands and wash them in white castile soap suds or in borax water the same as though washing the hands; rinse by holding under a stream of water and dry with a towel. Keep them on until half dried, remove and fold carefully like new gloves and lay between towels under a weight.

178. **To Wash Delicate Colored Muslins.**—Make a thick corn meal mush, salt it well and use instead of soap; rinse in one or two waters. It will not need starching.

179. **Washing Laces.**—Mix the dry particles of starch with enough cold water to make a smooth paste and add cold water until it looks like milk and water and boil in a glazed earthen vessel until transparent. While the starch is cooling squeeze the laces through soap suds and rinse in clear water. If you desire them to be clear white, add a little bluing; if ivory white, omit the bluing; if yellow-tinged, add a few teaspoonfuls of clear coffee to the starch. Run through the starch, squeeze, roll up in towels, and clap each piece separately until dry. Pull gently into shape from time to time and pin upon the ironing board. When dry press between tissue paper with a hot iron. Punch the openings and pick each loop on the edge with a large pin until it looks like new.

180. **To Bleach Muslin.**—For fifteen yards of muslin dissolve one-half pound of chloride of lime in a quart of rain water. Soak the muslin over night in warm rain water. Wring out the cloth and put in another half tub of warm rain water in which the solution of lime has been poured. Leave it in this for about twenty minutes but lift up cloth for an airing every few minutes. Rinse in clear rain water. Will not injure the cloth.

181. **To Wash Lace Curtains.**—Carefully shake out all the dust and put the curtains into tepid water in which is dissolved a little soda and without soaking wash at once in several waters. Rinse in water that has been well blued; also blue the boiled starch deeply and squeeze, but do not wring, the curtains. If you have no curtain frames, some sheets may be pinned on the carpet in a vacant room and the curtains pinned to them. Have the curtains stretched to same size as before washing. In a few hours they will be dry and ready to put up. The curtains should not be soaked and the washing and stretching should be done as quickly as possible for curtains shrink rapidly. They should be measured before washing so they may be stretched to the same size.

182. **To Keep Cranberries.**—Put them into a keg of water and they may be kept all winter.

183. **To Keep Celery.**—Bury it in dry sand.

184. **To Keep Onions.**—The best way is to spread them over the floor.

185. **To Keep Turnips.**—Bury them deep in the ground and they will keep until spring.

186. **To Keep Lemons**—They will keep and also be more juicy if kept covered with cold water. The water should be changed every week.

187. **To Keep Parsnips and Salsify.**—Unless the climate is very severe they should be left in the ground all winter, otherwise they should be buried in a deep pit in the garden.

188. **To Keep Parsley Green and Fresh.**—Make a strong, boiling hot pickle of salt and water and keep it in this for use. If wanted for soups and stuffing, hang it up in bunches in a dry attic, with the blossoms down.

189. **Whitewash for Cellars.**—Add an ounce of carbolic acid to a gallon of whitewash or add copperas to ordinary whitewash until it is yellow. Copperas is a disinfectant and will drive away vermin. Carbolic acid will prevent the odors which taint milk and meat.

190. **To Keep Cellars Clean.**—Remove all vegetables as soon as they begin to decay and ventilate well. Sprinkle with chloride of lime, which is a disinfectant.

191. **To Keep All Kinds of Herbs.**—Just before or while the herbs are in blossom gather them on a dry day, tie in bundles and hang up with the

blossoms downward. When they are perfectly dry those that are to be used as medicine should be wrapped in paper and kept from the air while those that are to be used in cooking should have the leaves picked off, pounded, sifted fine and corked tightly in bottles.

192. **To Keep Cabbages.**—Cut them off near the head and carry to cellar with leaves on, break off the leaves and pack the cabbages in a light box with the stems upward. When the box is nearly full cover with loose leaves and put the lid on to keep rats out. They should be kept in a dry cellar.

193. **To Keep Potatoes.**—They should be kept in a cool, dark place. When old and likely to sprout, put them into a basket and lower them for a minute or two into boiling water. Let them dry and put in sacks. This destroys the germs without injuring the potato and allows it to keep its flavor until late.

194. **The Temperature at Which Vegetables Should be Kept.**—Vegetables should be kept at as low a temperature as possible without freezing. Apples will stand a very low temperature but sweet potatoes should have a dry and warm atmosphere and should be kept well packed in dry leaves. Squashes should be kept in a dry place and as cool as possible without freezing.

195. **To Keep Peas for Winter Use.**—Shell them and put into boiling water with a little salt added, boil for five minutes. Drain in a colander and afterwards on a cloth, then place in air-tight bottles. When used they should be boiled until tender and seasoned with butter.

196. **To Keep Apples.**—Apples are usually kept on open shelves where any that begin decaying may be removed immediately. Sometimes they are packed in layers of dry sand but care should be taken that they do not touch each other. They may also be packed thus in any grain, such as oats, barley, etc. If the apples are very choice, each one should be wrapped separately in paper and packed in a box.

197. **To Keep Grapes.**—The simplest way is to keep them in drawers or boxes which hold about twenty-five pounds each, and pile them one above another. A better way is to hang a barrel hoop from the ceiling by three cords; seal the stem with sealing wax, attach a wire to the small end of the bunch and hang on the hoop, taking care that no two bunches touch. The imperfect grapes should previously have been picked off. The room should not be too moist and yet not so dry as to wither the grapes and it should be free from frost.

198. **To Keep Vegetables.**—If they are to be kept a long time they should be pulled on a dry day and the tops should be cut off and trimmed. Pack them in layers in barrels or boxes with moss between and over them. The moss keeps them from shriveling and yet keeps out any excess of moisture.

199. **Mucilage.**—Dissolve three ounces of gum arabic by putting it into one-half pint of cold water and stirring frequently.

200. **To Remove Coffee Stains.**—Mix the yolk of an egg with a little water that is slightly warm and use it on the stain like soap. If the stains have been on for some time a little alcohol should be added to the egg and water.

201. **To Restore Feathers.**—Sprinkle a little salt on a hot stove and hold the plume in the fumes for a few minutes.

202. **To Clean Feathers.**—Pour boiling water over some white curd soap which has been cut into small pieces and add a little pearlash. When dissolved and cool enough for the hand, put the feathers into it and draw them

through the hand until all the dirt is squeezed out, then pass them through a clean lather with bluing in it. Rinse in cold water with blue to give them a good color. Shake the water off by striking them against the hand, then dry them by shaking near a fire. To clean black feathers use water and gall and wash and dry in like manner.

203. **To Curl Feathers.**—When nearly dry draw each flue or fibre over the edge of a blunt knife, turning it the way you want it to curl; if the feather is to be flat, press it between the leaves of a book.

204. **Magic Annihilator.**—To make a gross of 8-ounce bottles of annihilator, take one gallon aqua ammonia, four pounds of best white soap, eight ounces of saltpeter and eight gallons of soft water. Pour the water over the soap which has previously been shaved fine and boil until dissolved. Let it get cold, then add the saltpeter and stir until dissolved. Strain, let the suds settle, skim off the dry suds, add the ammonia and bottle and cork at once.

What It Will Do.—It will remove all kinds of oil and grease from every description of wearing apparel, such as coats, vests, pants, dress goods, carpets, etc., and will not injure the finest laces and silks. It works like a charm when used as a shampoo, lathers freely and removes all grease and dandruff. A cloth wet with it will remove every particle of grease from door knobs, window sills, etc. It will remove paint from a board no matter how dry or hard the paint may be and will not injure the finest textures. It acts on oil or grease, turning it to soap which may be washed out with cold water. Nothing can beat it for cleaning brass, copper and silverware. It will positively exterminate bed bugs.

Directions for Using.—To remove grease spots pour some of the Magic Annihilator upon both sides of the article to be cleaned and rub well with a clean sponge. If the grease upon carpets and coarse goods is hard and dry, use a stiff brush and afterwards wash out with clear, cold water. One application is all that is ever required to remove fresh grease spots but two applications may occasionally be necessary to remove old spots. For a shampoo mix the Annihilator with an equal quantity of water and apply to the hair with a stiff brush, rub well into the pores and wash out with clear water. It will give the hair a gloss like silk. For cleaning silver, brass and copper mix a little whitening with a small quantity of the Annihilator, apply to the metal and rub briskly with a rag. Apply it to beds and other places where they frequent and you will soon be rid of the bugs. Many other uses will be found for the Magic Annihilator.

205. **To Remove Sealing Wax.**—Apply either alcohol or naphtha to the spots with a camel's-hair brush.

206. **To Remove Tar.**—Scrape off all the tar possible and then thoroughly wet the place with either melted lard or good salad oil and let it remain for twenty-four hours; if woolen or silk, take out the grease with either spirits of wine or ether; if cotton or linen, wash out in strong, warm soap suds.

207. **To Make Bluing for Clothes.**—Powder one ounce of soft Prussian blue and put it into a bottle with a quart of clear rain water, then add one-fourth ounce of oxalic acid. Use a teaspoonful for a large washing.

208. **Patent Soap.**—Three pounds grease, three pints salsoda, one-half pint turpentine, two pounds resin soap, forty gallons water; boil one hour. This makes a great soap.

209. **Brilliant Self-Shining Stove Polish.**—Take black lead (plumbago),

finely pulverized, and put into 2-ounce wooden boxes; label them neatly and retail for 10 or 15 cents per box, or wholesale at $6.00 per hundred. It costs three cents per box to prepare.

Directions.—This polish requires no mixing which is so disagreeable to the housewife. Dip a damp woolen cloth into the box and apply to the stove, then polish with a dry cloth. It will give a very beautiful polish. Stove polish is a necessity in every home and if you have the best, as this is, you will make a sale at every house. Step up and polish a small place on the stove and the sale is made. If the stove is not convenient, use a piece of wood, a sheet of paper, a potato or almost any article and you will have a lustre like a burnished mirror. This is a great invention and will make money for those who push the sale.

210. **To Clean Gold Chains, Etc.**—Let the article lay in a solution of caustic potash until all the dirt is removed.

211. **To Kill Carpet Bugs.**—Put one tablespoonful of corrosive sublimate into a quart of hot water and saturate the floors and cracks in the walls. If the carpet is to be sponged use a weaker solution. It will be found a sure treatment.

212. **To Sweeten Rancid Butter.**—Use 15 drops of chloride of lime to a pint of cold water and wash the butter thoroughly with it until it has touched every particle; then work the butter over in clear, cold water.

213. **Liquid Glue.**—Dissolve half a pound of best glue in three-fourths pint of water and add one-half pint of vinegar. This glue is always ready for use without warming.

214. **Concrete.**—Add 15 barrows of sand to 8 barrows of slacked lime that is well deluged with water. Do not use river or beach sand as it absorbs moisture. Mix to a creamy consistency and add 60 barrows of coarse gravel and work well. Stones 9 or 10 inches in diameter may be put into this mixture and it will become as hard as rock.

215. **Patent Blacking.**—One gallon alcohol, 1½ pounds gum shellac, 1 ounce sulphuric acid; let stand for 48 hours, then add ¼ pound ivory black. Let stand 24 hours, then carefully pour off the top. This is for the polishing of all kinds of leather and is waterproof. A four-ounce bottle retails for $1.00 and $50.00 was the original cost of this recipe. Of course it may be made in smaller quantities by using the same proportions.

216. **Axle Grease.**—One pound tallow, ¼ pound black lead, ¼ pound castor oil; melt the tallow; add the other ingredients and rub all together until cold and well mixed.

217. **To Find the Number of Bushels in a Bin.**—Multiply together the three dimensions in feet to get the number of cubic feet and deduct ⅕ and you will have approximately the number of bushels in the bin.

218. **To Measure Hay.**—Fifteen to eighteen cubic yards of hay well settled in mows or stacks make a ton; 20 to 25 cubic yards make a ton when loaded on a wagon from mow or stack; 25 cubic yards of dry clover make a ton. To find the number of tons in a mow multiply the length, width and height in yards and divide by 15 if well settled and by 18 if not so well settled.

219. **Apple Tree Louse.**—Lime and tobacco juice mixed together will kill them.

220. **Army Worm.**—A ditch around the field to be protected will arrest their progress so that they may be killed by covering with earth, by crushing

with rollers, pouring coal oil in ditch or burning straw over them. The side of the ditch next the field should be perpendicular or sloping under so they cannot easily crawl out.

221. **Bark Lice.**—Use a strong lye made from wood ashes or diluted soft soap or a mixture of lime, whitewash and kerosene. If the latter is used there should be a pint of kerosene to a gallon of whitewash.

222. **Apple Tree Borers.**—During the spring or early summer the trees should be washed with strong soap suds to kill the borers.

223. **Cinch Bugs.**—They may be destroyed with a mixture of soap suds and kerosene. Make the suds by using one pound of soap to ten gallons of water, then use equal parts of the suds and kerosene to make the emulsion.

224. **Colorado Beetle or Potato Bug.**—Dust the vines with Paris green, London purple or carbonate of lime.

225. **Corn Moth.**—Fill up all cracks and sweep the floors and walls clean before storing the corn. To destroy the moths, fill all cracks and then sprinkle the floor with a mixture of strong white wine vinegar and salt before laying up the corn. If the moth has deposited its eggs on the grain salt may be mixed with it.

226. **Grain Weevil.**—The granary should be fumigated thoroughly with burning sulphur before the grain is stored and again in about two months.

227. **Caterpillars.**—These may be destroyed with powdered hellebore.

228. **Hessian Fly.**—Quicklime scattered over the field immediately after the grain is cut will destroy the pupæ. It is well to thresh as soon as possible after the grain is cut then to scatter the straw over the stubble and burn. Another way is to turn the cattle on the young wheat while the ground is yet frozen and let them eat the wheat close to the ground.

229. **Strawberry Worms.**—Poultry will destroy them. They should be turned into the patch before the berries are formed. Spray the plants with one pound of white hellebore in twenty gallons of water.

230. **To Cut or Break Glass in Any Shape.**—File a notch in the edge of the glass at the place you wish to begin to break from; then put a red hot iron on the notch and draw it in the direction you wish the glass to break. If the iron be drawn slowly a crack will follow it. Another way is to hold the glass level under water and cut with a pair of shears.

231. **To Bore Holes in Glass.**—Any hard steel tool will easily cut glass if it be kept moist with camphor dissolved in turpentine. A drill may be used or, if that be not available, the tool may be held in the hand. A window glass may be easily sawed with a watch spring saw if this solution be used.

232. **To Clean Tobacco Pipes.**—Pour alcohol into the bowl and allow it to run out of the stem. This will thoroughly clean and sweeten the pipe.

233. **To Petrify Wood.**—Mix equal parts of rock alum, gem salt, white vinegar, chalk and peebles powder; after the ebullition has ceased throw any piece of wood or other porous substance into the solution and it will petrify.

234. **To Remove Blood Stains.**—Steep the article in lukewarm water. If pepsin is at hand apply it after first softening the spots in lukewarm water.

235. **To Remove Tar, Wagon Grease, Mixtures of Fat, Carbon and Acetic Acid.**—If the spots be on white goods apply soap and oil of turpentine, alternating with streams of water. If the spots are on colored cottons or woolens, rub in with lard; let it lie; soap; let lie; and proceed, alternating with oil of turpentine and water. Treat silks the same only use benzine in place of turpentine.

236. **Black Ink, Copying or Writing Fluid.**—Rain water, one gallon; brown sugar, one-eighth pound; gum arabic, one-eighth pound; powdered nut-galls, three-eighths pound; clean copperas, one-eighth pound; bruise and mix, then let stand for 10 days, shaking occasionally; strain. If not used as a copying ink but one-fourth of the sugar or gum is needed as it will then flow more freely. This ink is fine for records and deeds for it may be read hundreds of years hence.

DYEING AND COLORING.

General Remarks.—Every article to be dyed should be perfectly clean. They should be washed thoroughly with soap and then rinsed. To prevent spotting, the goods should be dipped into warm water just before they are put into the various coloring preparations. After the article is dyed it should be aired awhile, then well rinsed and hung up to dry. Cotton goods should first be bleached if they are to be dyed a light color. Never wring silk or merino dresses. Use soft water and where the quantity is not mentioned enough should be used to well cover the goods.

COTTON GOODS.

237. **Black.**—For 5 pounds goods take 3 pounds (wood and bark together) of sumac and boil one-half hour and let the goods steep in this for 12 hours; then dip for half an hour in lime water and let drip for an hour; now add half a pound of copperas to the sumac liquor and dip the goods again in this for an hour and then for one-fourth hour in the lime water. Make another dye by boiling 2½ pounds of logwood for an hour and dip the goods in this for three hours, then add 2 ounces bi-chromate of potash and dip for another hour. Wash the goods in cold water and dry in the shade.

238. **Brown for Cotton, Woolen or Silk.**—For coloring 5 pounds of goods dissolve two ounces of alum and one pound of catechu in enough hot water to wet the goods. Put this solution into a tin boiler or a brass kettle on the stove and put in the goods when it is boiling hot and remove from the fire. You should have ready 4 ounces of bi-chromate of potash dissolved in hot water in a wooden pail. Drain the goods from the catechu and then dip them alternately into the bi-chromate of potash and catechu until of the desired shade.

239. **Sky Blue for Cotton or Silk.**—Dissolve two ounces of blue vitriol in one gallon of water and dip the goods for fifteen minutes, then put through lime water.

240. **Blue.**—For 5 pounds of goods dissolve 4 ounces of copperas in 3 or 4 gallons of water and soak the goods thoroughly, then drain and put them into a solution of 2 ounces of prussiate of potash in 3 or 4 gallons of water. Lift the goods and put them to drain, then pour ½ ounce oil of vitriol into the prussiate of potash solution, stirring carefully and pouring in but a few drops at a time. Put the goods in this solution until of the desired shade then rinse in clear water and hang up to dry.

241. **Yellow.**—For 5 pounds of goods dissolve 1 pound of sugar of lead in enough water to thoroughly wet the goods and in the same quantity of water in another vessel dissolve ½ pound of bi-chromate of potash. Dip the

goods well and drain in each alternately until of the desired shade, then rinse and hang up to dry.

242. **Orange.**—Color the goods yellow as given elsewhere but before rinsing dip them into strong, hot lime water.

243. **Green.**—First color blue as given elsewhere, then proceed as in yellow, also given elsewhere.

244. **Red.**—Put ⅔ teacupful of muriate of tin into enough water to cover the goods well, bring to a boil, put in the goods and leave for an hour, stirring often, then remove them and empty the kettle. Put 1 pound of nicwood into the kettle with clean water and steep for half an hour at hand heat, then put in the goods and slowly increase the heat for an hour but do not boil. Air the goods and dip an hour as before. Wash without soap.

WOOLEN GOODS.

245. **Chrome Black.**—For 5 pounds of goods dissolve 6 ounces of blue vitriol in enough boiling water to cover the goods. Dip the goods 45 minutes, airing frequently, then remove. Make a dye by boiling 3 pounds of logwood for half an hour; dip the goods for 45 minutes, air and dip again for the same length of time. Wash the goods in strong suds. The sun will not fade this.

246. **Brown.**—Color the same as for cotton goods.

247. **Blue.**—For 2 pounds of goods take sufficient water to cover and add 5 ounces of alum and 3 ounces of cream of tartar and boil the goods in this for an hour. Now boil the goods, until the color suits, in warm water containing more or less extract of indigo, according to the color desired.

248. **Yellow.**—For 5 pounds of goods make a solution by adding 2 ounces of alum and 3 ounces of bi-chromate of potash to enough water to color the goods and boil them in this for half an hour; lift and air until well cooled and drained, then work for half an hour in a bath with 5 pounds of fustic. Wash and hang up to dry.

249. **Green.**—For each pound of goods put 3½ ounces of alum and 1 pound of fustic into sufficient water to cover goods; steep until the strength is out before putting in the goods; then soak until a good yellow color is obtained; then remove the chips and add extract of indigo or chemic until of the desired color.

250. **Scarlet.**—For one pound of goods take sufficient water to cover and boil in it ½ ounce of pulverized cochineal, ½ ounce cream of tartar and 2½ ounces muriate of tin; put in the goods and work briskly for 10 or 15 minutes, then stir goods slowly while boiling 1½ hours. Wash and hang in the shade to dry.

251. **Crimson.**—Make a bath of 6 ounces of dry cochineal, 1 pound cochineal paste, 1 pound of tartar and 1 pint of proto-chloride of tin. Work the goods in this bath for an hour, wash out and hang up to dry.

252. **Orange.**—For 5 pounds of goods take sufficient water to cover, 4 ounces argal, 6 tablespoonfuls muriate of tin; boil and dip 1 hour, then add 1 cup of madder and dip for half an hour. A much brighter color will be obtained by using 2 ounces of cochineal instead of the madder.

253. **Pink.**—For 3 pounds of goods use 3 ounces of alum; boil and dip the goods for an hour; then add to the solution 4 ounces cream of tartar and 1 ounce of pulverized cochineal and dip the goods, while boiling, until the desired shade is obtained.

SILK GOODS.

254. **Black.**—For 5 pounds of goods make a dye by boiling 3 pounds of logwood in enough water to cover goods. Work the goods in bi-chromate of potash which is not quite to the boiling point, then dip them in the logwood solution in the same way.

255. **Brown.**—Color the same as for cotton and woolen goods given elsewhere.

256. **Sky Blue.**—Proceed as for cotton goods given elsewhere.

257. **Light Blue.**—Dissolve ½ tablespoonful of alum in a cup of warm water and add to a gallon of cold water, then add a teaspoonful of chemic at a time until the desired shade is obtained. The more chemic is used, the darker will the color be.

258. **Orange.**—For one pound of goods use a pound each of soda and annotto; repeat if desired.

259. **Green.**—For 1 pound of goods boil 8 ounces of yellow oak bark for ½ hour; turn off the liquor from the bark and add 6 ounces of alum; let stand until cold; while this is being made color the goods in the blue dye-tub a light blue; dry and wash; then dip in the oak and alum dye. Warm the dye a little if it does not take well.

260. **Yellow.**—For 1 pound of goods make a solution of ¾ ounce sugar of lead and 3 ounces alum and let the goods stand over night in it; take out and drain. Make another dye with 1 pound of fustic; dip in this until the desired color is obtained.

261. **Crimson.**—Dip 1 pound of goods in a solution made with 3 ounces of alum. This should be at hand heat. Take out and drain while making a new dye by boiling for 10 minutes 2 ounces of bruised nut-galls, 3 ounces cochineal and ¼ ounce of cream of tartar in one pail of water. When this is a little cool, begin to dip the goods, raising the heat to a boil. Dip for an hour; wash and hang up to dry.

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262. **A Quick and Easy Way to Compute Interest.**—Allow 30 days for each month and multiply the amount by the number of days.

The result divided by 60 gives the interest at 6 per cent.
The result divided by 45 gives the interest at 8 per cent.
The result divided by 40 gives the interest at 9 per cent.
The result divided by 36 gives the interest at 10 per cent.
The result divided by 30 gives the interest at 12 per cent.

Example.— $200.00 for 3 months and 10 days, or 100 days, is 20000; divided by 40 gives $5.00, which is the interest at 9 per cent; or divided by 60 gives $3.333, interest at 6 per cent. etc. To find the interest at 5 per cent. first find the interest at 6 per cent. then deduct 1/6. Or add 1/6 to find the interest at 7 per cent. etc.

263. **To Find the Number of Gallons in a Barrel or Cask.**—Add the greatest and the smallest diameters in inches together and divide by 2 and this will be the average diameter. Multiply this number by itself, then by the length of the barrel in inches and then by 34 and cut off the four right-hand figures. This is approximately the number of gallons.

Example.—A cask is 28 inches in diameter at the head and 32 inches at the bung and is 36 inches in length; 28 plus 32 equals 60, divided by 2 equals 30, or the average diameter; 30 times 30 equals 900; 36 times 900 equals 32400;

34 times 32400 equals 1101600 and cutting off the four right-hand figures leaves 110 as the number of gallons.

264. **To Find the Number of Gallons in a Round Tank.**—Multiply the diameter in feet by itself (called squaring the diameter), multiply the product by the depth in feet, then multiply by 6 and the result is the approximate number of gallons in the tank.

Example.—A tank is 5 feet in diameter and 7 feet deep; 5 times 5 equals 25, 7 times 25 equals 175, 6 times 175 equals 1050 gallons.

265. **How to Find the Number of Common Bricks in a Wall or Building.**—Multiply together the length, height and thickness in feet and multiply this result by 20 and you will have the number of common bricks in the wall. Find the number in each wall and add these together and you will have the number in the building.

266. **Table of Avoirdupois Weight.**—

437½	grains	equal 1 ounce.
16	ounces	equal 1 pound.
25	pounds	equal 1 quarter.
2000	pounds	equal 1 ton.
2240	pounds	equal 1 long ton.

267. **Miscellaneous Weights.**—

100 lbs. nails	equal 1 keg.
196 lbs. flour	equal 1 barrel.
200 lbs. beef or pork	equal 1 barrel.
280 lbs. N. Y. salt	equal 1 barrel.

268. **Table of Troy Weight.**—

24 grains	make 1 pennyweight.
20 pennyweights	make 1 ounce.
12 ounces	make 1 pound.
480 grains	make 1 ounce.

The troy pound contains 5760 grains while the avoirdupois pound contains 7000 grains. If a merchant sells you a pound of tea by troy weight he cheats you, but if he sells you an ounce by troy weight he cheats himself out of 42½ grains.

269. **Table of Apothecaries Weight.**—

1 drop	equals 1 grain.	
20 grains	make 1 scruple,	which is equal to ⅓ teaspoonful.
3 scruples	make 1 drachm,	which is equal to 1 teaspoonful.
8 drachms	make 1 ounce,	which is equal to 2 tablespoonfuls.
12 ounces	make 1 pound.	

270. **Table of Fluid Measures.**—

60 drops	make 1 fluid drachm, or 1 small teaspoonful.
8 fluid drachms	make 1 fluid ounce, or 2 tablespoonfuls, or ¼ gill.
16 fluid ounces	make 1 pint, or 4 gills.
1 pint	equals 1 pound in weight except with Ether, Glycerine, Sulphuric acid, Chloroform and a few others.

271. **A Handy Table.**—

1 tablespoonful	equals 4 teaspoonfuls.
1 teacup	equals 4 fluid ounces.
1 coffee cup	equals 6 fluid ounces.
1 wine-glass	equals from 2 to 4 tablespoonfuls.

272. **Table of Liquid Measure.**—

4 gills	make 1 pint.
2 pints	make 1 quart.
4 quarts	make 1 gallon.

273. **How Clothes Are Cleaned by Those Who Make it a Business.**—In cleaning establishments, silks and woolen clothes are immersed in gasoline and dipped up and down, and especially the soiled parts are rubbed with ivory soap. They are then rinsed in clean gasoline. The odor is removed by shaking for fifteen or twenty minutes or by hanging on a line where there is a good breeze. Don't use gasoline near a light or stove.

274. **To Clean Dark Furs.**—Put some new bran into a pan on the stove and heat very hot, stirring so as not to let burn. Rub this thoroughly into the fur several times then shake and brush it till it is free from dust.

275. **To Clean Light Furs.**—Lay the fur upon a table and with a flannel rub it with bran that is slightly moistened with warm water. Rub until dry then with book muslin apply dry bran. Dry flour will do instead of the wet bran. When through rubbing with the bran or flour rub magnesia the wrong way into the fur then shake and brush.

276. **To Clean Straw Hats.**—First sponge the hat with a mixture of 2½ drachms sodium hyposulphite, 1 drachm glycerine, 2½ drachms alcohol, 2¼ ounces of water; then hang the hat in the cellar or other moist room for 24 hours; then apply a solution of ½ drachm citric acid, 2½ drachms alcohol, 3 ounces of water and again hang in a moist room for 24 hours. The hat should then be gone over with a flatiron that is not too hot.

277. **Cut Worms.**—Make a little ring of either lime or wood ashes about the plant as a protection against cut worms.

278. **Onion Maggots.**—The best known remedy is to put chimney soot in the drills.

279. **Plant Lice.**—A tea made from tobacco, or tobacco smoke, will kill them.

280. **Squash Bugs.**—Put some white shingles on the ground under the vines and the bugs will collect under them and may be destroyed in the morning.

281. **Slugs.**—In England the gardeners drop a handful of bran every 8 or 10 feet along the garden walks. The slugs collect on these little heaps of bran and may be swept up in the morning with a broom and dust pan.

282. **Scale.**—Boil 1 gallon of barley in water, pour off the liquid (the grain will do to feed the chickens) and add quicklime to it until about as thick as paint. When cold add 1 pound of lampblack and mix for a long time then add ¾ pound flowers of sulphur and 1 pint of alcohol. Brush the bark of the tree with a stiff brush to remove the moss and then apply the liquid with a paint brush.

283. **Canker Worms.**—Spread tar, or tar and molasses, on a cloth and bind about the trunk of the tree near the ground. Do this early in the spring and the female worm will be kept from crawling up the tree. Apply kerosene below the cloth to kill the eggs.

284. **Grubs.**—Apply soap to the trunks of the apple and peach trees during May. In the fall cut out all that have entered the bark.

285. **Cucumber Beetles.**—About the only way to keep these away is to cover the plants with netting.

286. **Celery Pest or Little Negro Bug.**—Sprinkle the plants with a mixture of 1 tablespoonful of crude carbolic acid to 2 gallons of water. If preferred, a teacupful of the acid may be mixed with a bushel of either air-slacked lime or land plaster and the plants dusted with this.

HANDY TABLES FOR COOKS.

EGGS.

8 large, or 10 medium sized, eggs equal 1 pound.

BUTTER.

1 lump the size of a medium egg equals 2 ounces.
1 tablespoonful of soft butter, well filled, equals 1 ounce.
4 heaping tablespoonfuls of soft butter equal 1 teacupful.
2 teacupfuls of packed soft butter equal 1 pound.
1 pint of well packed soft butter equals 1 pound.

FLOUR.

2 heaping teaspoonfuls equal 1 heaping tablespoonful.
2 heaping tablespoonfuls equal 1 ounce.
5 heaping tablespoonfuls equal 1 teacupful.
5 teacupfuls of sifted flour equal 1 pound.
3½ level teacupfuls of corn meal equal 1 quart.
1 quart of sifted flour equals 1 pound.

SUGAR.

2 heaping teaspoonfuls equal 1 heaping tablespoonful.
1 heaping tablespoonful of granulated, best brown, or A coffee equals 1 ounce.
2 heaping tablespoonfuls of powdered equal 1 ounce.
2 heaping teacupfuls of A coffee equal 1 pound.
2 level teacupfuls of granulated equal 1 pound.
2 level coffee-cupfuls of powdered equal 1 pound.
2½ level teacupfuls of best brown equal 1 pound.
2¾ level teacupfuls of powdered equal 1 pound.
1½ level coffee-cupfuls of granulated equal 1 pound.
1 pint of A coffee equals 12 ounces.
1 heaping pint of granulated equals 14 ounces.
1 quart of powdered equals 1 pound and 7 ounces.
1 quart of granulated equals 1 pound and 9 ounces.
1 quart of any kind equals 4 teacupfuls.
1 teacupful equals 8 fluid ounces or 2 gills.
1 teacupful or 16 tablespoonfuls equal ½ pint or 2 gills.
A common-sized tumbler holds ½ pint.

TIME TABLE FOR COOKS.

The time will vary with the quality of the article, etc. The general average is here given. Those marked "a" minutes to pound.	How Cooked.	Time of Cooking. Hr.	Min.	Time of Digestion. Hr.	Min.
Apples, sweet and mellow	Raw	.....	.....	1	50
Apples, sour and hard	Raw	.....	.....	2	50
Asparagus	Boiled	.....	15 to 30	2	30
Beans with green corn	Boiled	.....	45	3	45
Beans (pod)	Boiled	1	00	2	30
Beef	Roasted	a	25	3	00
Beefsteak	Fried	.....	15	4	00
Beefsteak	Broiled	.....	15	3	00

Beef, salted	Boiled	a	35	4	15
Bass, fresh	Broiled	.....	20	3	00
Beets, old	Boiled	4	30	4	00
Beets, young	Boiled	2	00	3	45
Bread, wheat	Baked	1	00	3	30
Bread, corn	Baked	.....	45	3	15
Butter	Melted	.....	.....	3	30
Cabbage	Boiled	1	00	4	30
Cabbage	Raw	.....	.....	2	30
Cabbage and vinegar	Raw	.....	.....	2	00
Cauliflower	Boiled	1 to 2	.....	2	30
Cake, sponge	Baked	.....	45	2	30
Carrot, orange	Boiled	1	00	3	15
Cheese, old	Raw	.....	.....	3	30
Codfish, dry and whole	Boiled	a	15	2	00
Chicken	Fricasseed	1	00	3	45
Custard (one quart)	Baked	3	00	2	45
Duck, wild	Roasted	1	00	4	50
Duck, tame	Roasted	1	30	4	00
Dumpling, apple	Boiled	1	00	3	00
Eggs, soft	Boiled	.....	03	3	00
Eggs, hard	Boiled	.....	10	3	30
Eggs	Fried	.....	05	3	30
Eggs	Raw	.....	.....	2	00
Fowls, domestic	Roasted	1	00	4	00
Fowls, domestic	Boiled	1	00	4	00
Gelatine	Boiled	.....	.....	2	30
Goose, wild	Roasted	a	20	2	30
Lamb	Boiled	a	20	2	30
Meat and vegetables	Hashed	.....	30	2	30
Milk	Boiled	.....	.....	2	00
Milk	Raw	.....	.....	2	15
Mutton	Roasted	a	25	3	15
Mutton	Broiled	.....	20	3	00
Onions	Boiled	1 to 2	.....	3	00
Oysters	Stewed	.....	05	3	30
Oysters	Roasted	.....	.....	3	15
Pig's feet	Soused	.....	.....	1	00
Parsnips	Boiled	1	00	3	00
Pork	Roasted	a	30	5	15
Pork	Boiled	a	25	4	30
Pork	Raw	.....	.....	4	15
Pork	Fried	.....	.....	4	15
Pork	Broiled	.....	20	3	15
Potatoes	Boiled	.....	30	3	30
Potatoes	Baked	.....	45	3	30
Potatoes	Roasted	.....	45	2	30
Rice	Boiled	.....	20	1	00
Salmon, fresh	Boiled	.....	08	1	45
Sausage	Broiled	.....	20	3	30
Sausage	Fried	.....	20	4	00
Soup, chicken	Boiled	2	00	3	00
Soup, vegetable	Boiled	1	00	4	00
Soup, oyster	Boiled	.....	.....	3	30
Soup, mutton	Boiled	3	30	3	30
Spinach	Boiled	1 to 2	.....	2	30
Tapioca	Boiled	1	30	2	00
Tomatoes	Fresh	1	00	2	30
Tomatoes	Canned	.....	30	2	30
Trout and salmon, fresh, boiled or	Fried	.....	30	1	30
Turkey, boiled or	Roasted	a	20	2	30
Turnips	Boiled	.....	45	3	30
Veal	Broiled	.....	20	4	00
Venison Steak	Broiled	.....	20	1	35

SUPPLEMENT.
(Additional Recipes.)

SUPPLEMENT.
(Additional Recipes.)

SUPPLEMENT.
(Additional Recipes.)

CULINARY INDEX.

For Index of "The People's Home Recipes for Every-Day Use" see page 226.

MRS. KIRK'S DEPARTMENT.

A

ACCURATE RECORDS, HOME EXPENDITURES AND 2

B

BAKING 6
BEVERAGES 80
Apple Lemonade 85
Chocolate 82
Cocoa 83
Drip Coffee 82
Elderberry Wine 86
Fruit Punch 84
Fruit Syrups 83
Ginger Ale 83
How To Make Coffee 81
Lemon Syrup 84
Mint Lemonade 85
Mint Punch 85
BREAD MAKING 7
Buckwheat Cakes 13
Clover Leaf Rolls 10
Corn Bread 10
Corn Meal Griddle Cakes 12
Delicious Brown Bread 10
English Muffins 12
Gluten Bread 11
Graham and Date Bread 9
Graham Bread 9
Graham Gems 13
Pop Overs 12
Sour Milk Gingerbread 11
Very Best Bread 8

C

CAKES 14
Afternoon Marguerites 17
Chocolate Icing 22
Cream Filling or Boiled Icing 20
Easy Angel Cake 20
Fruit Cake 18
Fruit Drops 16
Golden Loaf Cake 20
Lady Baltimore Cake 19
Layer Cake 15
CAKES—*Continued.*
Lemon Cookies 18
Lemon Sponge Cake 19
Maple Cream Filling 22
Maple Snow Cake 15
Marshmallow Filling 21
May Cakes 16
Mocha Filling 21
Sunshine Cake 21
Tea Cakes 17
White Loaf Cake 17
CANNING OF FRUITS AND VEGETABLES 90
Asparagus and String Beans 92
Canned Pineapple 94
Canning Large Fruits (Peaches, Pears, Apples, Pineapples, Quinces, Etc.) .. 92
Corn 93
Peas, Lima Beans or Beets 93
Raspberries and All Small Fruits 91
Tomatoes 94
CHAFING DISH COOKERY 86
Chicken a la King 90
Chicken Hollandaise 89
Creamed Oysters 87
Oysters with Mushrooms 87
Shrimp Wiggle 88
Shrimps a la Poulette 88
Sweetbreads Saute with French Peas 89
The Queen's Toasted Cheese 89
Tomato Rarebit 90
Welsh Rarebit 88
COOKING, HOUSEKEEPER'S SCIENCE OF 1
COOKING VEGETABLES, GENERAL TIME FOR 5
CREED, HOUSEKEEPER'S 1

D

DESSERTS 68
Apple or Fruit Cups 79
Apple Rice Pudding 78
Apple Tapioca 79
Baked Peaches and Pears 76
Custard Pie 70
Fig Pudding 80
Fruit Whips 72
Graham Pudding 77

DESSERTS—*Continued.*
Jellied Apricots 80
Lemon Cheese Cakes 78
Lemon Cream Sherbet 76
Lemon Jelly 71
Lemon Pie 71
Maple Ice Cream 75
Maple Mousse 76
Marlboro Tarts 77
Marshmallow Pudding 72
Mince Meat 74
Peach Tart 77
Plain Pastry 69
Plum Pudding 73
Prune Fluff 79
Pumpkin Pie 74, 78
Rhubarb Pie (Also Fresh Fruit Pies) 70
Rice Pudding 73
Strawberry Shortcake 72
Vanilla Ice Cream 75
DIVISION OF LABOR, ORGANIZATION AND.. 3
DOMESTIC SCIENCE IN THE HOME 1

E

EGGS 37
Bread Omelet 41
Curried Eggs 41
Deviled Eggs 39
Eggs a la Suisse 41
Eggs Au Gratin 42
Eggs Scrambled with Pimentos 40
Eggs Steamed 37
Fried Stuffed Eggs 39
Ham and Eggs 38
Luncheon Eggs 39
Plain Omelet 40
Poached Eggs 38
EQUIPMENT, LAUNDRY 5
ETIQUETTE, TABLE 6
EVERY DAY SCHEDULE, HOUSEKEEPER'S... 5
EXPENDITURES, HOME 2

F

FOODS 30
FRUITS AND VEGETABLES, THE CANNING OF 90

G

GENERAL TIME FOR COOKING VEGETABLES 5

H

HOME, DOMESTIC SCIENCE IN THE 1
HOME EXPENDITURES AND ACCURATE RECORDS 2
HOUSEHOLD MANAGEMENT, WHAT CONSTITUTES 1
HOUSEKEEPER'S CREED 1
HOUSEKEEPER'S EVERY DAY SCHEDULE... 5
HOUSEKEEPER'S SCIENCE OF COOKING 1
HOUSEKEEPING A PROFESSION 2

J

JELLY MAKING, PRESERVES AND 95

K

KITCHEN, AND UTENSILS, A WELL EQUIPPED 3
KITCHEN UTENSILS 4

L

LABOR, ORGANIZATION AND DIVISION OF.. 3
LAUNDRY EQUIPMENT 5

M

MEATS 22
Chicken Fricassee 28
Crown Roast of Lamb 27
Ham Baked in Cider 27
Irish Stew with Dumplings 24
Loin of Veal 26
Pan Broiled Steak 26
Pot Roast 24
Roast Beef (No. 1) 23
Roast Beef (No. 2) 23
Roast Duck and Goose 29
Roast Turkey with Dressing 28
Steak and Vegetables En Casserole... 25
To Broil Steaks or Chops with Gas... 25
MEAT SUBSTITUTES 30
Baked Beans 33
Breslau of Meat 31
Chicken Sandwiches 36
Children's School Sandwiches and Luncheons 34
Foods 30
Ham Sandwiches 36
Ham Souffle 32
Lenten Eggs on Codfish Cakes 33
"No Meat" Menus 30
Picnic Patties 31
Salad Sandwiches 35
Substitutes for Meat 30
The Real Spaghetti a la Italianne.... 32

O

ORGANIZATION AND DIVISION OF LABOR.. 3

P

PICKLING 101
Chili Sauce 104
Chow Chow 102
Cucumber Sauce 103
Genuine Longfellow Pickles 104
Green Tomato Pickles 102
Oiled Pickles 103
Pepper Relish 104
Watermelon, Peach or Pear Pickles.. 101
PRESERVING AND JELLY MAKING 95
Apple Jelly, Quinces or Crab Apples.. 100
Blackberry Jam 96

PRESERVING AND JELLY MAKING —*Continued.*
Currant Jam 96
Grape Juice 96
Mixed Jelly 100
Quince Preserves 98
Rhubarb Jam 97
San Diego Orange Marmalade 99
Small Fruit Jelly 99
Spiced Currants 98
Strawberry Jam (Also Black and Red Raspberry) 97
PROFESSION, HOUSEKEEPING A 2

R

RECORDS, ACCURATE 2

S

SALADS AND SALAD DRESSINGS 62
Chicken Salad 65
Cooked Salad Dressing 64
French Dressing 64
June 13th. Salad 67
May Salad 66
Mayonnaise Dressing 63
Potato Salad 64
Salad a la Kirk 66
Salads Served with French Dressing.. 63
Thanksgiving Salad 65
Tomato Crown Salad 68
Tomato Jelly 67
SAUCES 42
Apple Sauce 46
Chocolate Sauce for Ice Cream 44
Cranberry Jelly 46
Hard Sauce 45
Hollandaise Sauce 44
Lemon Sauce 45
Mint Sauce 45
Mushroom Sauce 44
White Sauce 43
SCHEDULE, HOUSEKEEPER'S EVERY DAY.. 5
SCIENCE IN THE HOME, DOMESTIC 1
SCIENCE OF COOKING, HOUSEKEEPER'S ... 1
SERVING, TABLE SETTING AND 6
SOUPS 46
Cream of Asparagus 50
Cream of Pea 49
Cream of Tomato 49
Good Vegetable 48
Mock Oyster 50
Pop Corn 51
Soup Stock 47
Tomato Soup with Vegetables 48
SUBSTANTIAL MEALS WITHOUT MEAT... 30
SUBSTITUTES FOR MEAT 30

T

TABLE 5
TABLE ETIQUETTE 6
TABLE SETTING AND SERVING 6
TIME FOR COOKING VEGETABLES, GENERAL 5

U

UTENSILS, A WELL EQUIPPED KITCHEN AND 3
UTENSILS, KITCHEN 4

V

VEGETABLES 51
Asparagus Tips in Pattie Cases 55
Baked Stuffed Tomatoes 55
Boiled Cucumbers 60
Boiled Rice 52
Carrots a la Hollandaise 59
Corn Fritters 58
Creamed Cabbage 57
Escalloped Corn 58
Escalloped Tomatoes 60
Glazed Sweet Potatoes 56
Green Corn 57
Hashed Brown Potatoes 53
Lima Beans 54
Mashed Turnips 56
Plain Asparagus 54
Potatoes Au Gratin 54
Potatoes O'Brien 53
Rice Croquettes 53
Sour Cream Slaw 57
Spinach—Boiled and Creamed 62
Stuffed Egg Plant 61
Stuffed Sweet Peppers 61
Sweet Potatoes En Casserole 56
Tomatoes Du Barry 60
Tomatoes on Toast 59
Tomatoes Stuffed with Corn 58
VEGETABLES, GENERAL TIME FOR COOKING 5
VEGETABLES, THE CANNING OF FRUITS AND 90

W

WHAT CONSTITUTES HOUSEHOLD MANAGEMENT 1

See next page for Index of "The People's Home Recipes for Every-Day Use."

THE PEOPLE'S HOME RECIPES FOR EVERY-DAY USE.

For Index of Mrs. Kirk's Department, see page 223.

A

ALPACA, TO CLEAN 206, 207
APPLE KOKER 118
APPLE TREE BORERS 212
APPLE TREE LOUSE 211
APPLES, TO KEEP 209
ARMY WORM 211
ART OF CANDY MAKING, THE 154
AXLE GREASE 211

B

BAKING BREAD 107
BAKING POWDERS 108
BARK LICE 212
BARREL OR CASK, TO FIND THE NUMBER OF GALLONS IN 215
BED BUGS, TO EXTERMINATE 198
BEVERAGES 181
A Cranberry Drink 183
A Grapefruit Cocktail 182
Blackberry Wine 183
Cherry-Shrub 184
Christmas Temperance Punch 184
Communion Wine 182
Cottage Beer 184
Cream Toddy 183
Dandelion Wine 181
Elder Blossom Wine 182
Farmer's Soda 184
Grape Juice 182, 183
Ginger Beer 184
Grape Granito 184
Kentucky Egg Nog 182
Lamb's Wool 182
Milk Punch 183
Orange Toddy 183
Punch 182
Raisin Wine 182
Raspberry Vinegar 183
Roman Punch 182
Spruce Beer 184
Tea Punch 182
Tom and Jerry 183
Various Fruit Waters 184
Wassail Bowl 183
Welsh Nectar 184
BIN, TO FIND THE NUMBER OF BUSHELS IN 211
BISCUITS 111
Baking Powder 112
Breakfast 111
Soda 111
Southern Beaten 112
BLACK INK, COPYING OR WRITING FLUID 213
BLACK STOCKINGS, TO WASH 199
BLACKING, PATENT 211
BLOOD STAINS, TO REMOVE 212
BLUE, TO PREVENT FROM FADING 207
BLUING FOR CLOTHES, TO MAKE 210
BOOTS, TO DRY 198
BOTTLES AND CRUETS, TO CLEAN 204
BRASS OR COPPER KETTLES, TO CLEAN.... 206
BREAD MAKING 105
Baking 107
Baking Powders 108
Bread Recipes 108
Flour 105
Mixing and Kneading 106
Recipes for Making Yeast 108
The Sponge 106
Yeast 106
BREADS 108
Boston Brown 109
Bread 108
Corn 110
Cornish 110
Currant 110
Eggless Gingerbread 110
Entire Wheat 109
Fried 110
Gingerbread 110
Graham 110
"Hotel Berry" Brown Bread 109
Katahdin Corn 110
Oatmeal 109
Old Fashioned Brown 109
Raised Graham 110
Salt Rising 109
Soft Gingerbread 110
Spinster's 109
Steamed Brown 110
Steamed Graham 110
Whole Wheat 109
BREADS, LIGHT (See "Light Breads.").. 111
BREATH, SMELL OF ONIONS TO REMOVE FROM THE 197

BUNS 117
Currant 117
That Boys Like 117
BURNING LAMP WICKS, TO DESTROY ODOR OF 197
BUTTER, TO KEEP FOR WINTER USE 202
CABBAGES, TO KEEP 209
CABBAGE WORMS 203
CAKE MAKING 119
Cake Recipes 121
Frostings, Icings and Fillings 128
General Directions 119
CAKES 121
A Cheap Fruit 125
Angel 123
Angel Food 122
Anna's Cup 124
Apple 127
Black Fruit 125
Breakfast 127
Buttermilk 121
Caramel 121
Centennial 124
Cheap 124
Cheap Fruit 128
Chocolate 124
Chocolate Caramel 126
Chocolate Loaf 127
Clara Follett's 124
Cocoa 124
Coffee 124
Cornstarch Loaf 124
Cream 126
Cream Puffs 127
Crumb 124
Custard 126
Delicate 121
Delicate Cocoanut 124
Devil 122, 128
Devil's Food 122
Dolly Varden 127
Economical 121
Farmer's Fruit 125
Feather 124
Fig 126
French 124
Fruit 121
Gold and Silver 123
Good Almond 127
Gospel 125
Grandma's 121
Hickory Nut 123
Ice Cream 122
Jelly Roll 122
Johnny 127
Lady 125
Layer or Loaf 128
Lemon 123
Lemon Jelly 123
Lightning Clouse 128
Maple 127
Marble 121
Minnehaha 125
CAKES—*Continued.*
Morangtarta 125
Myrna Marble 122
Nut 123
One Egg 122, 125
Plain 128
Plain Walnut 123
Pork 127
Prince of Wales 123
Queen 125
Quick 122
Ribbon 123
Roll Jelly 127
Silver 125
Spice 127, 128
Sponge 122
Sultana 121
Sunshine 126
Surprise 128
Tea 126
Taylor 121
Velvet 126
Washington 126
Wedding 121
White 126
White Fruit 125
White Loaf 126
White Mountain 123
CAKES, GRIDDLE 119
CALICOES, CAMBRICS AND MUSLINS, TO WASH 203
CANDY MAKING, THE ART OF.... 154
Cream Candies 157
Bonbons 158
Chocolates 157
Cocoanut Creams 159
Combination Creams 159
Cream Dates 158
Cream Grapes 158
Orangettes 159
Sweet Sweets and Bitter Sweets.... 157
Various Chocolates 158
Wafers 158
Fondants 156
Maple 157
To Color 157
To Flavor 157
White 157
People's Recipes for Home-Made Candies 161
Butter Scotch 161, 162
Chewing Taffy 161
Cracker Jack 161
Cream Candy 161
Hickory Nut Kisses 162
January Thaws 161
Kisses 162
Macaroons 162
Maple Fudge 162
Maple Sugar Candy 162
Marshmallows 161
Molasses Taffy 161
Peanut Brittle 161

CANDY MAKING, THE ART OF—
—*Continued.*
Prauline 161
Sea Foam 161
Sugar Drops 162
Precautions to Prevent Sugaring or Graining 155
Taffies 159
Cinnamon 159
Clove 159
Lemon 159
Orange 159
Pineapple 159
Strawberry 159
Vanilla 159
Wintergreen 159
Testing—How To Tell When Candy is Done 155
Testing Table 156
Various Candies 160
Buttering Sticks 160
Candy Cough Drops 160
Cocoanut Bar Candy 160
Cream Caramels—Vanilla and Chocolate 160
Peanut Bar Candy 160
CANKER WORMS 217
CANNING, PRESERVING AND JELLY MAKING 185
Canned Apple Sauce 188
Canned Beans 187
Canned Corn 187
Canned Elderberries 187, 188
Canned Fruits (All Kinds) 185
Canned Pineapple 188
Canned Rhubarb 187
Canning Fruits, Making Preserves, Jellies, Etc. 186
Canning Table 185
Cooking Apricots 187
Gooseberry Conserves 187
Grape Marmalade 186
Jellies 186
Lemon Butter 188
Lemon Marmalade 188
Marmalades 186
Orange Marmalade 187, 188
Pear Chips 187
Pieplant Jelly 188
Peserved Cherries 187
Preserves 186
Quince Honey 187, 188
Strawberry Preserves 187
To Cook Cranberries 187
Tomato Preserves 188
CARPET BUGS, TO KILL 211
CARPET CLEANER 197
CARPETS, TO CLEAN 196
CATERPILLARS 212
CELERY PEST OR LITTLE NEGRO BUG 217
CELERY, TO KEEP 208
CELLARS, TO KEEP CLEAN 208
CEMENT FOR BROKEN CHINA 203
CEMENT FOR CHINA, MARBLE AND GLASSWARE 205
CEMENT, DIAMOND 202
CEMENT FOR GLASS AND IRON 198
CEMENT FOR ALL KINDS OF ARTICLES, A GOOD 205
CEMENT FOR RUBBER OR LEATHER 202
CEMENT FOR WOOD, IVORY, STONE, PORCELAIN, LEATHER, SILK, WOOLEN OR COTTON 202
CEMENT FOR CHINA AND GLASS 203
CHAFING DISK COOKERY (See "Relishes.") 151
CHEESE DISHES (See "Relishes.") 151
CHILDREN'S RUSKS 118
CHROMOS, TO CLEAN 204
CINCH BUGS 212
CISTERN WATER, TO PURIFY 197
CLOTH, TO REMOVE ACID SPOTS FROM 206
CLOTH, TO REMOVE ALKALI SPOTS FROM 207
CLOTHES, HOW THEY ARE CLEANED BY THOSE WHO MAKE IT A BUSINESS 217
CLOTHING, TO CLEAN MUD FROM 197
CLOTHING, TO REMOVE BAD SMELLS FROM 204
CLOTHING, TO REMOVE PAINT FROM 206
COAT COLLARS AND SEAMS AND ELBOWS, TO CLEAN AND REMOVE GLOSS FROM 202
COFFEE POTS, CARE OF 204
COFFEE STAINS, TO REMOVE 198, 209
COLORADO BEETLE OR POTATO BUG 212
CONCRETE 211
COOKIES 113
Boston 114
Cookies 114
Cookies (Mother B's) 115
Cornstarch 114
Crisp Chocolate 113
Crumb Cakes 113
Cream 114
Drop Ginger Cakes 114
Fruit 113
Ginger 114
Ginger Drop Cakes 113
Ginger Snaps 114
Hermits 114
Lemon 114
Lemon Drops 114
Mince Crisp 115
Molasses 114
Mother's Caraway 113
Nut 113
Oatmeal 113
Oatmeal Macaroons 114
Peanut 114
Rocks 114
Scotch 113
Taylor Cakes 113
COOKING OF MEATS AND POULTRY 130
COOKING UTENSILS, TREATMENT OF NEW 203
CORKS 205
CORN CAKE 117
CORN DODGERS 117
CORN MOTH 212

Corn Pone 117
Crackers 118
Cranberries, To Keep 208
CREAMS AND CUSTARDS 176
Apple Custard 178
Apple Float 176
Apple Snow 176
Banana Pudding 176
Bavarian Cream 176
Charlotte Russe 177, 178
Cherrry Tapioca 177
Custard 177
Custard Souffle 177
Fruit Jelly 177
Kiss Pudding 178
Lemon Gelatine 178
Mock Whipped Cream 177
Orange Float 177
Pink Cream 177
Pretty Pudding 177
Raspberry Whip 177
Russian Cream 177
Spanish Cream 178
Strawberry Foam 178
Velvet Cream 178
CROQUETTES 139
Cheese 139
Hominy 139
Italian 139
Macaroni 139
Oyster and Veal 139
Potato 139
Rice 139
Rice and Beef 139
Salmon 139
Sweet Potato 139
Veal 139
Crullers 117
Cucumber Beetles 217
Currant Worms and Rose Slugs, To Destroy 203
Cut Worms 217
Cutlery, To Prevent Rusting of 205

D

Dodgers, Corn 117
DOUGHNUTS 115
Doughnuts 115
Doughnuts (Fine) 116
Fried Cakes 116
Improved Fat for Frying Doughnuts, Croquettes, Etc. 116
Raised 116
Snow Balls 116
Dressings, Salad 166
DUMPLINGS 117
Always Light 117
Chicken 117
Drop 117
DYEING AND COLORING 213
Cotton Goods 213
Black 213
Blue 213

DYEING AND COLORING—*Continued.*
Brown for Cotton, Woolen or Silk 213
Green 214
Orange 214
Red 214
Sky Blue for Cotton or Silk 213
Yellow 213
Silk Goods 215
Black 215
Brown 215
Crimson 215
Green 215
Light Blue 215
Orange 215
Sky Blue 215
Yellow 215
Woolen Goods 214
Blue 214
Brown 214
Chrome Black 214
Crimson 214
Green 214
Orange 214
Pink 214
Scarlet 214
Yellow 214

E

EGGS 142
Baked 144
Baked with Cheese 143
Breaded 146
Bird's Nest 144
Buttered 145
Creamed 143
Cupped 145
Curried 144
Deviled 143
Dropped 145
Egg Gems 143
Egg Fricassee 145
Egg Nest Toast 143
Eggs a la Bonne Femme 146
Eggs a la Creme 145
Eggs a la Creole 143
Eggs a la Suisse 146
Eggs a la Mode 145
Eggs Brouille 146
Eggs in Tomatoes 143
Eggs in Paper Cases 147
Escalloped 144
Fried 144
Frizzled 146
Frizzled Ham and Eggs 144
Frothed 147
Lunch 146
Newport Style 145
Ox Eyes 143
Pickled 146
Poached 144
Potted 146
Scrambled 145
Shirred 144

EGGS—*Continued.*
Stuffed 145
Steamed 146
To Coddle an Egg 144
To Preserve 197

F

FEATHERS, TO CLEAN 209
FEATHERS, TO CURL 210
FEATHERS, TO RESTORE 209
FILLINGS, CAKE 128
FIRE KINDLER 203, 206
FISH AND OYSTERS 135
Baked Codfish 136
Baked Pickerel 136
Baked Salmon 138
Baked Shad 138
Baked White Fish 136
Boiled Fresh Fish 136
Broiled Oysters 138
Clam Stew 136
Codfish Balls 138
Creamed Fish 137
Curried Oysters 136
Escalloped Oysters 138
Escalloped Salmon 138
Fish a la Creme 136
Fried Oysters 137
Frizzled Oysters 138
Halibut Steak 137
Hollandaise Sauce 138
Lobster a la Newburg 136
Oyster Cocktails 136
Oyster Dressing 136
Oyster Omelet 137
Oyster Rarebit 138
Pigs in Blanket 137
Salmon Balls 137
Salmon Chops 137
Salmon Croquettes 138
Salmon Loaf 137
Steamed Oysters 137
Turbot 137
FLANNELS, TO WASH 199
FLANNELS, TO WASH AND DRY 203
FLEAS, TO DRIVE AWAY 204
FLIES, TO GET RID OF 200
FLIES, TO KEEP OFF GILT FRAMES 204
FLOUR 105
FRESH PAINT, TO REMOVE SMELL OF ... 204
FRITTERS 115
Corn 115
Corn Fritters or Mock Oysters 115
Fried Cream 115
Oyster 115
Potato 115
Rice Cakes 115
FROSTINGS, ICINGS AND FILLINGS 128
Boiled Icing 129
Caramel Icing 128
Chocolate Cream Frosting 129
Chocolate Filling for Cake 128
Custard Filling 129
FROSTINGS, ICINGS AND FILLINGS—*Continued.*
Icing for Cookies 129
Icing Without Boiling 128
Lemon Jelly Filling 129
Maple Caramel Frosting 129
Marshmallow Filling or Icing 128
FRUIT JARS, TO LOOSEN COVERS OF 203
FRUIT STAINS, TO REMOVE 198
FURNITURE DRESSING 196
FURNITURE POLISH 199
FURNITURE POLISH, AN EXCELLENT 198
FURS, TO CLEAN DARK 217
FURS, TO CLEAN LIGHT 217

G

GAME 135
A Delicious Rabbit Fry 135
Hasenpfeffer 135
Pheasants, Partridges, Quails, Etc.... 135
Rabbit Stew 135
GEMS 116
Corn 116
Graham 116
Wheat 116
GENERAL DIRECTIONS FOR MAKING PIES 162
GILT FRAMES, TO CLEAN 202
GLASS, TO BORE HOLES IN 212
GLASS, TO CLEAN 199
GLASS, TO CUT OR BREAK IN ANY SHAPE 212
GLASS DECANTER, TO CLEAN A 199
GLASS, TO REMOVE PANES OF 199
GLASS STOPPERS, TO REMOVE TIGHT..... 206
GLOVES, TO CLEAN KID 199
GLOVES, TO CLEAN LIGHT 199
GLOVES, TO CLEAN SILK AND THREAD... 207
GLUE, LIQUID 202, 211
GNATS 199
GOLD CHAINS, ETC., TO CLEAN 211
GRAFTING WAX 203
GRAHAM CRACKERS 118
GRAIN WEEVIL 212
GRAPES, TO KEEP 209
GRASS STAINS, TO REMOVE 199
GREASE, TO REMOVE 199
GREASE, TO REMOVE FROM FLOOR 199
GREASE, TO REMOVE FROM WOOD BEFORE PAINTING 205
GREASE, TO TAKE OUT OF WOOLENS, SILKS, PAPER, FLOORS, ETC..... 207
GREASY SKILLETS, TO WASH 203
GRIDDLE CAKES 119
Buckwheat 119
Corn Meal 119
Egg 119
Graham 119
Potato 119
GRUBS 217

H

HANDY TABLES FOR COOKS 218
Butter 218
Eggs 218

HANDY TABLES FOR COOKS—
Continued.
Flour 218
Sugar 218
HARD WATER, TO MAKE SOFT 201, 204
HAY, TO MEASURE 211
HERBS, TO KEEP ALL KINDS OF 208
HESSIAN FLY 212
HINGES, TO KEEP FROM CREAKING 204
HOW TO SELECT GOOD MEAT AND POULTRY 130

I

ICE CREAMS, SHERBETS AND ICES 178
Almond Ice Cream 179
Banana Ice Cream 179
Bisque Glacé 181
Caramel Ice Cream 179
Cherry Ice 180
Chocolate Ice Cream 179
Cocoanut Ice Cream 179
Cranberry Ice 180
Currant Ice 180
Currant Sherbet 180
Frozen Fruit 181
Green Grape Sherbet 180
Lemon Ice 180
Lemon Sherbet 180
Macaroon Ice Cream 179
Maple Frappé 181
New York Ice Cream 179
Orange Ice 180
Orange Sherbet 180
Peach Ice 180
Peach Ice Cream 179
Pineapple Ice Cream 179
Pineapple Sherbet 181
Plum Glacé 181
Raspberry Ice Cream 180
Roman Cream 180
Strawberry Ice 180
Strawberry Ice Cream 179
Three of a Kind 181
Tutti Frutti 181
Vanilla and Lemon Ice Cream 179
ICES 178
ICINGS, CAKE 128
INK, TO REMOVE FROM LINEN 198
INK SPOTS 197
INK STAINS, TO REMOVE 199
INSECTS SUCH AS BED BUGS, MOTHS, ETC., TO KILL 197
INTEREST, A QUICK AND EASY WAY TO COMPUTE 215
IRON RUST, TO REMOVE FROM CLOTHING 207
IRON OR STEEL, TO POLISH 206
IRON VESSELS, TO MEND 197
IRONING 199

J

JELLY MAKING (See "Canning, Etc.").. 185
JUMBLES 118
JUMBLES, FAVORITE 118
JEWELRY, TO CLEAN 201

K

KEROSENE AND GREASE SPOTS, TO TAKE FROM CARPETS 204
KEROSENE, TO REMOVE 198
KITCHEN FLOORS, TABLES AND WOODEN ARTICLES, TO CLEAN 204
KNEADING BREAD 106
KNIVES, TO CLEAN 206

L

LACE CURTAINS, TO WASH 208
LACE, TO CLEAN BLACK 207
LACES, WASHING 208
LAMP CHIMNEYS AND OTHER GLASSWARE, TO TEMPER 205
LAMP CHIMNEYS, TO CLEAN 198, 199
LEMONS, TO KEEP 208
LIGHT BREADS 111
Biscuits 111
Buns 117
Corn Dodgers, Corn Pone, Corn Cake 117
Crackers 118
Crullers 117
Cookies 113
Doughnuts 115
Dumplings 117
Fritters 115
Gems 116
Griddle Cakes 119
Jumbles 118
Muffins 116
Rolls 111
Rusks 118
Sandwiches 112
Scotch Scones and Apple Koker..... 118
Toasts 118
Waffles 116
LIGHTNING CREAM FOR CLOTHES OR PAINT 205
LINEN COLLARS AND CUFFS, TO STIFFEN 206
LINEN STAINS, TO REMOVE 201
LINOLEUM OR OIL CLOTH, TO CLEAN... 197

M

MACHINE OIL, TO TAKE OUT 206
MAGIC ANNIHILATOR 210
MAGIC FURNITURE POLISH 205
MAKING YEAST, RECIPES FOR 108
MEATS AND POULTRY 131
A Ragout 134
Baked Veal Chops or Cutlet 131
Beef Loaf 134
Beefsteak Roll 131
Boiled Ham 132
Braised Beef 132
Breaded Ham 131
Chicken and Macaroni 133
Chicken Croquettes 133

MEATS AND POULTRY—*Continued.*
Chicken Cutlets 133
Chicken Pie 133
Chicken Sauteing 133
Chicken Tamales 131
Chop Suey 134
Cleveland Chicken 133
Creamed Beef 131
Curry Chicken 132
Deviled Ham Loaf 134
Deviled Ham Rolls 132
Dressing for Baked Fowl 134
Dressing for Stuffing Meats 131
Ham Pattie 132
Liver Timbales 134
Nut Balls 134
Old Point Comfort Chicken Terrapin 133
Pressed Tongue 134
Stuffed Leg of Pork 132
Stuffed Tripe 134
Sweetbreads and Peas 133
Tasse Ham 132
Veal Loaf 131
Veal with Oysters 132
MEATS AND POULTRY, HOW TO SELECT GOOD 129
Beef 129
Ducks 130
Fowls 130
Geese 130
Mutton 129
Pork 130
Turkeys 130
Veal 130
MEATS AND POULTRY, THE COOKING OF.. 130
MEATS, PRESERVING 194
MICE, TO KEEP AWAY 200
MILDEW, TO REMOVE 201
MISCELLANEOUS WEIGHTS 216
MIXING AND KNEADING BREAD 106
MOSQUITOES AND FLIES 201
MOSQUITOES AND FLIES, TO PREVENT BITES FROM 200
MOTHS 200
MUFFINS 116
MUFFINS, CORN 116
MUSLIN, TO BLEACH 208
MUSLINS, TO WASH DELICATE COLORED 207
MUCILAGE 209

N

NECKTIES AND OTHER GOODS THAT FADE, TO WASH 207

O

OILCLOTH, TO CLEAN AND KEEP NICE.... 197
OMELETS 147
Baked 147
French 147
Ham 148
Jelly or Marmalade 148
Omelet 147
Potato 147
ONION MAGGOTS 217
ONIONS, TO KEEP 208
OYSTERS, FISH AND 135

P

PAILS AND TUBS, TO KEEP FROM SHRINKING 204
PAINT SPOTS, TO REMOVE FROM WINDOWS 203
PAINT STAINS, TO REMOVE FROM COTTON AND WOOL 197
PAINT AND VARNISH, TO REMOVE OLD.. 199
PAINTED SURFACE, TO WASH 200
PARSLEY, TO KEEP GREEN AND FRESH.. 208
PARSNIPS AND SALSIFY, TO KEEP 208
PATENT LEATHER, TO POLISH 199
PEAS, TO KEEP FOR WINTER USE 209
PIANO POLISH 200
PICKLING 189
Beet Pickles 189
Bordeaux Sauce 191
Canned Beets 192
Canned Cucumbers 192
Celery Sauce 190
Chili Sauce 192, 194
Chopped Pickles 189
Chow Chow 189
Chowder 191
Cold Catsup 192
Corn Salad 193
Corn Sauce 191
Cucumber Catsup 193
Cucumber Pickles 189, 193
Damson Plum Catsup 191
"Dandy" Home-Made Pickles 192
Dill Pickles 189
English Chow Chow 190
Euchered Crab Apples 191
Gooseberry Catsup 190
Green Tomato Pickles 190
Mexican Chili Sauce 193
Mixed Pickles 190, 192
Piccalilli 191
Pickled Cabbage 191
Pickled Peaches 193
Pickled Peppers 190
Pickled String Beans 193
Sliced Cucumbers 189
Small Cucumber Pickles 191
Sour Cucumber Pickles 192
Spanish Pickle 191
Spiced Peaches 192
String Bean Pickles 192
Stuffed Peppers 191
Sweet Pickled Peaches 190
Sweet Pickled Prunes 190
Sweet Pickles—Pears, Peaches and Apples 193
Tomato Catsup 194
Tomato Higdom 190
Tomato Ketchup 190
Tomato Sauce 190
Watermelon Pickles 193

PIES 162
Buttermilk 163
Chocolate 164
Chocolate Cream 164
Cocoanut 164
Cornstarch 164
Cream 164
Custard 164
Delicious Apple 163
Elderberry 164
Lemon 164
Lemon Cream 165
Mince Meat 164
Mock Cherry 164
Mock Mince 165
Molasses 164
Pie Crust 165
Pie Dough 165
Pieplant 165
Pumpkin 165
Raisin 165
Rhubarb 165
Shoo-Fly 165
Squash 165
Transparent 165
Vinegar 165
PIES, GENERAL DIRECTIONS FOR MAKING 162
PLANT LICE 217
PLATES, CLEANING BEFORE WASHING.... 197
POULTRY (See "Meats and Poultry.")... 131
POULTRY AND MEATS, HOW TO SELECT GOOD 129
POULTRY AND MEATS, THE COOKING OF. 130
POWDERS, BAKING 108
PRESERVING (See "Canning, Etc.")..185, 186
PRESERVING MEATS 194
Bologna Sausage 195
Corned Beef 194
Cracknels 195
Curing and Smoking Hams 194
Curing Hams 194
Dried Beef 194
Head Cheese 195
Mince Meat 196
Mock Sausage 195
Pickle for Beef or Ham 194
Pig's Feet Souse 195
Preserving Eggs 196
Pressed Beef 196
Sausage 195
Scrapple 195
To Keep Smoked Hams 194
To Preserve Sausages 194
Potatoes, To Keep 209
PUDDINGS 170
Apple Dicky 170
Baked Indian Pudding with Hard Sauce 171
Bird's Nest 170
Black 170
Blanc Mange 175
Bread 174
Bread and Butter 170
Brown 170
PUDDINGS—*Continued.*
Brown Betty 173
Cheap 173
Cherry 173
Cherry Puffs 172
Chocolate 173
Cocoanut and Tapioca 171
Cottage 173
Crystallized Apples 173
Cup 174
Currant 173
Date 174
English Plum 172
Fig 171
French 171
Fruit 171
Fruit Dowdy 171
Fruit Juice Blanc Mange 174
Fruit Puff 175
Fruit Roll 174
Gelatine Jelly 174
Lemon 171
Lemon Rice 173
Orange 174
Peach or Apple 170
Prune 172
Prune Whip 175
Quick Apple Dumplings 174
Quick Puff 172
Raspberry Float 174
Rice 172, 173
Simple Plum 172
Snow 174
Sponge 172
Steamed Chocolate 171
Strawberry Shortcake 173
Suet 172
Vegetable 173

R

RANCID BUTTER, TO SWEETEN 211
RATS, TO DRIVE AWAY 200
RATS, TO DRIVE AWAY WITHOUT KILLING 200
RECIPES FOR MAKING YEAST 108
RECIPES FOR PIES 163
RECEIPTS OF ALL KINDS, VARIOUS 196
RED ANTS, A PREVENTIVE FOR 200
RED ANTS, TO DRIVE AWAY 204, 205
RED TABLE LINEN, TO WASH 207
RELISHES, CHEESE AND CHAFING DISH COOKERY 151
A Delicious Omelet 151
Cheese Balls 153
Cheese Fouder 152
Cheese Fondu 152
Cheese Ramekins 153
Cheese Sauce for Potatoes 154
Cheese Straws 153
Chocolate Souffle 153
Clams a la Newburg 152
Corn Oysters 152
Creamed Chicken 152
Creamed Chicken and Mushrooms... 152

RELISHES, CHEESE AND CHAFING DISH COOKERY—*Continued.*
Creamed Oysters 152
Deviled Eggs 152
Deviled Crabs 153
Dreams 153
Fricassee of Dried Beef 152
Fricasseed Eggs ..... 15'
Fruit Canopes 153
Halibut a la Hollandaise 153
Macaroni and Cheese 151
Mexican Macaroni 154
Nut Loaf 151
Plain Rarebit 152
Sardines on Toast 153
Shrimp Wiggle 153
Spaghetti 154
Welsh Rarebit 153
RIBBONS, TO WASH 203
ROACHES, TO EXTERMINATE 198
ROACHES, TO KILL 204
ROLLS 111
Astor House 111
Cinnamon 111
French 111
Parker House 111
Rolls 111
ROUND TANK, TO FIND THE NUMBER OF GALLONS IN 216
RUSKS, CHILDREN'S 118
RUST 197
RUST, TO PREVENT 202
RUST, TO REMOVE FROM PLOWS AND OTHER STEEL IMPLEMENTS 206
RUSTY WASH BOILERS, TO CLEAN 206

S

SALADS AND SALAD DRESSINGS 166
Apple Salad 167
Baked Corn 169
Banana Salad 166
Beet Salad 167
Cabbage Salad Dressing 167
Cheese Salad Dressing 168
Cherry Salad 166
Chicken Salad 168
Cold Slaw 167
Cold Slaw Dressing 168
Corn Salad 166
Cream Dressing 167, 169
Dressing for Yellow Pickles 167
Endive Salad 168
Fruit Salad 166
German Potato Salad 168
Green Bean Salad 168
Heavenly Hash or Fruit Salad 168
Macaroni and Tomatoes 169
Mayonnaise Dressing 168, 169
Meat Salad 168
Mixed Summer Salad 166
Mustard Dressing 168
Nut Salad 168
Potato Salad 169
Salad Dressing 167, 169
SALADS AND SALAD DRESSINGS —*Continued.*
Salmon Dressing 169
Sardine Salad 167
Slaw 167
Sour Potatoes 169
String Bean Salad 166
Stuffed Tomato Salad 167
Sweetbread Salad 167
Tomato Jelly 168
Waldo Salad 169
Waldorf Salad with Mayonnaise Dressing 169
SANDWICHES 112
Apple and Celery 112
Chicken 112
Club 112
Egg 113
French 112
Ham 112
Nut 112
Nut and Cheese 112
Pimentos 113
Salmon 112
Sweet 112
SAUCES 175
Cream Sauce for Puddings 175
Fig 175
Hard 175
Hot Chocolate Sauce for Ice Cream or Pudding 175
Lemon 175
Pudding 175
SCALE 217
SCORCHES, TO REMOVE FROM CLOTH 201
SCORCHING WHEN IRONING, TO PREVENT 199
SCOTCH SCONES 118
SCREWS, TO LOOSEN 200
SEALING WAX, TO REMOVE 210
SHERBETS AND ICES 178
SHIRTS, SILVER POLISH FOR 207
SILVER POLISH 205
SILVER, TO CLEAN 201
SILVER, TO CLEAN BLACKENED 200
SILVERWARE, TO KEEP 204
SILVER, TO REMOVE EGG STAINS FROM .. 205
SLUGS 217
SOAP, HARD 201
SOAP, PATENT 210
SOAP, SOFT 201
SOOT, TO REMOVE 200
SOUPS 140
Asparagus 140
Bean 140
Beef Broth 142
Bisque of Oysters 141
Bouillon 142
Celery 141
Clam 141
Cream of Celery 142
Noodles for Soup 140
Potato 140
Soup Stock 141
Split Pea 141

SOUPS—*Continued.*
Tomato 140, 142
Tomato Bisque 141
Vegetable 141
White 141
SPONGE, TO CLEAN A 204
SPONGE, THE 106
SQUASH BUGS 217
STAINS CAUSED BY SCORCHING, TO REMOVE 201
STAINS, TO REMOVE FROM CLOTHING 199
STEEL KNIVES, TO KEEP FROM RUSTING.. 198
STOVE POLISH, BRILLIANT SELF-SHINING 210
STRAWBERRY WORMS 212
STRAW HATS, TO CLEAN 217

T

TABLE, A HANDY 216
TABLE OF APOTHECARIES WEIGHT 216
TABLE OF AVOIRDUPOIS WEIGHT 216
TABLE OF FLUID MEASURES 216
TABLE OF LIQUID MEASURE 216
TABLE OF TROY WEIGHT 216
TABLEWARE, TO REMOVE TASTE OF FISH FROM 205
TAN, TO REMOVE 198
TAR, TO REMOVE 210
TAR, WAGON GREASE, MIXTURES OF FAT, CARBON AND ACETIC ACID, TO REMOVE 212
TEAKETTLE, THE 204
TEA STAINS, TO REMOVE 200
TIGHT SHOE, A 197
TIME TABLE FOR COOKS 218
TIN TEAKETTLES, TO BRIGHTEN 205
TIN, TO MEND 205
TINWARE, TO CLEAN 201
TOASTS 118
American 118
Dry Beef 118
Good 118
TOBACCO PIPES, TO CLEAN 212
TURNIPS, TO KEEP 208

V

VARIOUS RECIPES OF ALL KINDS 196
VEGETABLES 148
Baked Corn 148
Boston Baked Beans 148
Baked Onions 149
Carrots with Milk 150
Cauliflower 148
Celery on Toast 148
Corn a la Southern 148
Corn and Tomatoes 150
Corn Mock Oysters 151
Corn Oysters 148
Corn Pudding 148
Creamed Potatoes 149
Egg Plant 149
Escalloped Corn 150
Escalloped Onions 149
Escalloped Potatoes 150
Escalloped Tomatoes 151
French Stew 151

VEGETABLES—*Continued.*
Fried Egg Plant 150
Fried Mushrooms 149
Fried Tomatoes 151
Glazed Sweet Potatoes 149
Potato Croquettes 150
Potato Puffs 151
Potato Rolls 150
Potato Fluff 149
Potatoes in Half Shell 150
Roast Pork and Lima Beans 151
Roasted Tomatoes 150
Salsify or Vegetable Oyster 150
Spinach 149
Southern Cabbage 148
Squash Cakes 149
Stewed Cucumbers 151
Stewed Onions 150
Stuffed Potatoes 149
Tomatoes a la Spanish 150
VEGETABLES, TO KEEP 209
VEGETABLES, THE TEMPERATURE AT WHICH THEY SHOULD BE KEPT 209
VELVET, TO CLEAN 207
VELVET, TO RESTORE 206

W

WAFFLES 116
WALL OR BUILDING, HOW TO FIND THE NUMBER OF COMMON BRICKS IN 216
WALL PAPER CLEANER 196
WALL PAPER, TO CLEAN 205
WASHING BLACK AND WHITE CALICOES.. 203
WASHING BLANKETS 198
WASHING FLUID 196
WASHING FLUID, GEM 201
WASHING PINK AND GREEN CALICOES... 203
WASHING PURPLE OR BLUE 203
WASHING WINDOWS 203
WATER, TO PURIFY 201
WATER, TO SOFTEN 206
WATER-PROOF PAPER COVERING FOR JARS—USED IN PRESERVING, ETC..... 206
WEIGHTS AND MEASURES 202
WELDING, BLACKSMITH'S BORAX FOR..... 196
"WHAT TO DO" AND "HOW TO DO IT" 196
Alpaca, To Clean 206, 207
Apple Tree Borers 212
Apple Tree Louse 211
Apples, To Keep 209
Army Worm 211
Axle Grease 211
Bark Lice 212
Barrel or Cask, To Find the Number of Gallons in 215
Bed Bugs, To Exterminate 198
Bin, To Find the Number of Bushels in 211
Black Ink, Copying or Writing Fluid. 213
Black Stockings, To Wash 199
Blacking, Patent 211
Blood Stains, To Remove 212
Blue, To Prevent from Fading 207

"WHAT TO DO" AND "HOW TO DO IT"—*Continued.*
Bluing for Clothes, To Make 210
Boots, To Dry 198
Bottles and Cruets, To Clean 204
Brass or Copper Kettles, To Clean... 206
Breath, Smell of Onions to Remove from 197
Burning Lamp Wicks, To Destroy Odor of 197
Butter, To Keep for Winter Use 202
Cabbage Worms 203
Cabbages, To Keep 209
Calicoes, Cambrics and Muslins, To Wash 203
Canker Worms 217
Carpet Bugs, To Kill 211
Carpet Cleaner 197
Carpets, To Clean 196
Caterpillars 212
Celery Pest or Little Negro Bug 217
Celery, To Keep 208
Cellars, To Keep Clean 208
Cement for Broken China 203
Cement for China, Marble and Glassware 205
Cement, Diamond 202
Cement for Glass and Iron 198
Cement for All Kinds of Articles, A Good 205
Cement for Rubber or Leather 202
Cement for Wood, Ivory, Stone, Porcelain, Leather, Silk, Woolen or Cotton 202
Cement for China and Glass 203
Chromos, To Clean 204
Cinch Bugs 212
Cistern Water, To Purify 197
Cloth, To Remove Acid Spots from.. 206
Cloth, To Remove Alkali Spots from 207
Clothes, How They are Cleaned by Those Who Make it a Business..... 217
Clothing, To Clean Mud From 197
Clothing, To Remove Bad Smells from 204
Clothing, To Remove Paint from 206
Coat Collars and Seams and Elbows, To Clean and Remove Gloss from.. 202
Coffee Pots, Care of 204
Coffee Stains, To Remove 198, 209
Colorado Beetle or Potato Bug 212
Concrete 211
Cooking Utensils, Treatment of New.. 203
Corks 205
Corn Moth 212
Cranberries, To Keep 208
Cucumber Beetles 217
Currant Worms and Rose Slugs, To Destroy 203
Cut Worms 217
Cutlery, To Prevent Rusting of..... 205
Dyeing and Coloring 213
Cotton Goods 213
Black 213
Blue 213
Brown for Cotton, Woolen or Silk 213

"WHAT TO DO" AND "HOW TO DO IT"—*Continued.*
Green 214
Orange 214
Red 214
Sky Blue for Cotton or Silk 213
Yellow 213
Silk Goods 215
Black 215
Brown 215
Crimson 215
Green 215
Light Blue 215
Orange 215
Sky Blue 215
Yellow 215
Woolen Goods 214
Blue 214
Brown 214
Chrome Black 214
Crimson 214
Green 214
Orange 214
Pink 214
Scarlet 214
Yellow 214
Eggs, To Preserve 197
Feathers, To Clean 209
Feathers, To Curl 210
Feathers, To Restore 209
Fire Kindler 203, 206
Flannels, To Wash 199
Flannels, To Wash and Dry 203
Fleas, To Drive Away 204
Flies, To Get Rid of 200
Flies, To Keep Off Gilt Frames 204
Fresh Paint, To Remove Smell of.... 204
Fruit Jars, To Loosen Covers of 203
Fruit Stains, To Remove 198
Furniture Dressing 196
Furniture Polish 199
Furniture Polish, An Excellent 198
Furs, To Clean Dark 217
Furs, To Clean Light 217
Gilt Frames, To Clean 202
Glass, To Bore Holes in 212
Glass, To Clean 199
Glass, To Cut or Break in Any Shape 212
Glass Decanter, To Clean a 199
Glass, To Remove Panes of 199
Glass, Stoppers, To Remove Tight.... 206
Gloves, To Clean Kid 199
Gloves, To Clean Light 199
Gloves, To Clean Silk and Thread... 207
Glue, Liquid 202, 211
Gnats 199
Gold Chains, Etc., To Clean 211
Grafting Wax 203
Grain Weevil 212
Grapes, To Keep 209
Grass Stains, To Remove 199
Grease, To Remove 199
Grease, To Remove from Floor 199
Grease, To Remove from Wood Be-

"WHAT TO DO" AND "HOW TO DO IT"—*Continued.*
fore Painting 205
Grease, To Take Out of Woolens, Silks, Paper, Floors, Etc..... 207
Greasy Skillets, To Wash 203
Grubs 217
Handy Tables for Cooks 218
Butter 218
Eggs 218
Flour 218
Sugar 218
Hard Water, To Soften 201, 204
Hay, To Measure 211
Herbs, To Keep All Kinds of 208
Hessian Fly 212
Hinges, To Keep from Creaking 204
Ink, To Remove from Linen 198
Ink Spots 197
Ink Stains, To Remove 199
Insects Such as Bed Bugs, Moths, Etc., To Kill 197
Interest, A Quick and Easy Way to Compute 215
Iron Rust, To Remove from Clothing 207
Iron or Steel, To Polish 206
Iron Vessels, To Mend 197
Ironing 199
Jewelry, To Clean 201
Kerosene and Grease Spots, To Take from Carpets 204
Kerosene, To Remove 198
Kitchen Floors, Tables and Wooden Articles, To Clean 204
Knives, To Clean 206
Lace Curtains, To Wash 208
Lace, To Clean Black 207
Laces, Washing 208
Lamp Chimneys and Other Glassware, To Temper 205
Lamp Chimneys, To Clean 198, 199
Lemons, To Keep 208
Lightning Cream for Clothes or Paint 205
Linen Collars and Cuffs, To Stiffen.. 206
Linen Stains, To Remove 201
Linoleum or Oil Cloth, To Clean 197
Machine Oil, To Take Out 206
Magic Annihilator 210
Magic Furniture Polish 205
Mice, To Keep Away 200
Mildew, To Remove 201
Miscellaneous Weights 216
Mosquitoes and Flies 201
Mosquitoes and Flies, To Prevent Bites from 200
Moths 200
Muslin, To Bleach 208
Muslins, To Wash Delicate Colored.. 207
Mucilage 209
Neckties and Other Goods that Fade, To Wash 207
Oil Cloth, To Clean and Keep Nice... 197
Onion Maggots 217
Onions, To Keep 208

"WHAT TO DO" AND "HOW TO DO IT"—*Continued.*
Pails and Tubs, To Keep from Shrinking 204
Paint Spots, To Remove from Windows 203
Paint Stains, To Remove from Cotton and Wool 197
Paint and Varnish, To Remove Old.. 199
Painted Surfaces, To Wash 200
Parsley, To Keep Green and Fresh... 208
Parsnips and Salsify, To Keep 208
Patent Leather, To Polish 199
Peas, To Keep for Winter Use 209
Piano Polish 200
Plant Lice 217
Plates, Cleaning Before Washing 197
Potatoes, To Keep 209
Rancid Butter, To Sweeten 211
Rats, To Drive Away 200
Rats, To Drive Away Without Killing 200
Red Ants, A Preventive for 200
Red Ants, To Drive Away 204, 205
Red Table Linen, To Wash 207
Ribbons, To Wash 203
Roaches, To Exterminate 198
Roaches, To Kill 204
Round Tank, To Find the Number of Gallons in 216
Rust 197
Rust, To Prevent 202
Rust, To Remove from Plows and Other Steel Implements 206
Rusty Wash Boilers, To Clean 206
Scale 217
Scorches, To Remove from Cloth 201
Scorching When Ironing, To Prevent 199
Screws, To Loosen 200
Sealing Wax, To Remove 210
Shirts, Silver Polish for 207
Silver Polish 205
Silver, To Clean 201
Silver, To Clean Blackened 200
Silverware, To Keep 204
Silverware, To Remove Egg Stains from 205
Slugs 217
Soap, Hard 201
Soap, Patent 210
Soap, Soft 201
Soot, To Remove 200
Sponge, To Clean a 204
Squash Bugs 217
Stains Caused by Scorching, To Remove 201
Stains, To Remove from Clothing 199
Steel Knives, To Keep from Rusting 198
Stove Polish, Brilliant Self-Shining.. 210
Strawberry Worms 212
Straw Hats, To Clean 217
Table, A Handy 216
Table of Apothecaries Weight 216
Table of Avoirdupois Weight 216
Table of Fluid Measures 216

"WHAT TO DO" AND "HOW TO DO IT"—*Continued.*
Table of Liquid Measure 216
Table of Troy Weight 216
Tableware, To Remove Taste of Fish from 205
Tan, To Remove 198
Tar, To Remove 210
Tar, Wagon Grease, Mixtures of Fat, Carbon and Acetic Acid, To Remove 212
Teakettle, The 204
Tea Stains, To Remove 200
Tight Shoe, A 197
Time Table for Cooks 218
Tin Teakettles, To Brighten 205
Tin, To Mend 205
Tinware, To Clean 201
Tobacco Pipes, To Clean 212
Turnips, To Keep 208
Vegetables, To Keep 209
Vegetables, The Temperature at Which They Should be Kept 209
Velvet, To Clean 207
Velvet, To Restore 206
Wall or Building, How to Find the Number of Common Bricks in..... 216
Wall Paper Cleaner 196
Wall Paper, To Clean 205
Washing Black and White Calicoes... 203
Washing Blankets 198
Washing Fluid 196
Washing Fluid, Gem 201
Washing Pink and Green Calicoes ... 203
Washing Purple or Blue 203
Washing Windows 203
Water, To Purify 201
Water, To Soften 206
Water-proof Paper Covering for Jars, Used in Preserving, Etc. 206
Weights and Measures 202
"WHAT TO DO" AND "HOW TO DO IT"—*Continued.*
Welding, Blacksmith's Borax for 196
Whitewash for Cellars 208
Whitewash, Hard 204
White Zypher, To Clean 206
Window Frames, To Remove Dry Putty from 204
Window Panes, To Frost 200
Windows, Icy 204
Wire Tableware, Care of 205
Wood, to Petrify 212
Woolen and Silk Goods, To Clean.... 207
Woolen Goods, To Remove Grease from 198
Woolens, To Dry Without Shrinking 200
Wrinkles, To Remove 198
WHITEWASH FOR CELLARS 208
WHITEWASH, HARD 204
WHITE ZEPHYR, TO CLEAN 206
WINDOW FRAMES, TO REMOVE THE PUTTY FROM 204
WINDOW PANES, TO FROST 200
WINDOWS, ICY 204
WIRE TABLEWARE, CARE OF 205
WOOD, TO PETRIFY 212
WOOLEN AND SILK DRESS GOODS, TO CLEAN 207
WOOLEN GOODS, TO REMOVE GREASE FROM 198
WOOLENS, TO DRY WITHOUT SHRINKING 200
WRINKLES, TO REMOVE 198

Y

YEAST 106
YEAST, RECIPES FOR MAKING.... 106
Beer 108
Hop 108
Potato 108
Starter 108